



The building blocks for healthy relationships

Why do we talk about 'building' relationships? Well, because it's something that takes some work. Remember: When you invest in a healthy relationship, you also invest in your own wellbeing.

Did you know that good relationships and good health go hand in hand? That's because strong, positive relationships, be they at home or work, prompt better physical health and lower stress levels.

When the building blocks of healthy relationships are in place, we create a nurturing space where we feel valued, understood and connected. Let's have a look at these and how we can enhance them.

Building block 1: Effective communication



Good relationships rely on clear, sincere communication to build trust. It's about honestly expressing yourself while also being attentive to others' needs. Active listening, which involves both what's said and unsaid, is crucial. Rather than just waiting for your turn to speak, stay present in the conversation to truly understand what the other person is saying.

Building block 2: Clear boundaries

Clear boundaries in a relationship pave the way to respect and understanding. They provide a solid framework for communication, reducing misunderstandings and conflicts. When everyone knows the rules, it makes for a happier connection.



Building block 3: Mutual respect



Far from what the 'cancel culture' wants us to believe, there is strength in difference. Having a different point of view doesn't diminish the other person's worth. You may not always see eye to eye with your friends or co-workers, but by respecting each other's opinions, and treating one another with kindness and dignity, we can all feel valued and appreciated.

Building block 4: Supportive environment

Think about that friend everyone gravitates towards. They're generally patient, understanding, and genuinely interested in others. They offer encouragement, cheer for your victories, and lend a listening ear when needed. That's what it means to create a supportive environment. It's not about being a doormat or overextending yourself; it's about creating emotional security so that all parties feel understood and valued in the relationship.



References

BerkleyExecEd: The importance of connections on our wellbeing
PsychCentral: Building healthy relationships

Need help in building better relationships? Reach out to the Employee Health and Wellness Programme.

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Let us stay mindful of caring for one another and ourselves