



Tip sheet

Relationships

Common issues

Relationships include the intimate relationships we have with our respective partners, those we form with our parents, siblings and grandparents, and those we form socially with our friends, colleagues, teachers, healthcare professionals and community. Many studies have shown that people who are more socially connected to their family, friends and/or community are happier, physically healthier and live longer, with fewer mental health conditions than people who are less well connected.

Assess

Determine if your relationship is healthy:

- Do I feel safe in the relationship?
- Is the relationship characterized by synergy and joy, or fraught with anxiety and tension?



Assess (continued)

- Do you give to your partner from a place of love or fear?
- Is your partner invested in the relationship to the same level you are?
- What real relationships (friends, family, co-workers) can you identify in your partner's life?



Self-care

- Lean on your social support network: don't expect your partner to fill all your social needs.
- Keep relationship expectations realistic.
- Take time to talk and listen to each other.
- Take care of yourself and keep your life balanced: encourage your partner to do the same.
- Be open to suggestions to improve the quality of your relationship, especially exclusive time for just the two of you.
- Be open to end the relationship – unhealthy relationships are more destructive than being single.



Reach Out

- Contact the [Employee Assistance Program](#) for free, confidential counseling services.
- Speak with a licensed and trained counselor who specialises in marriage and family therapy.



Need more information?

- Maintaining a happy relationship:
<http://us.reachout.com/facts/factsheet/maintaining-a-happy-relationship>.
- Harvard University book Triumphs of Experience (2012).
- Centre for Relationship Abuse Awareness:
<http://stoprelationshipabuse.org/>.
- Mind Health Connect:
www.mindhealthconnect.org.au/relationships.
- Relationships Australia:
www.relationships.org.au.
- Helplines Tip Sheet.