

Let's talk about mental health

Strengthening our relationships



Watch [The Third Space](#) and learn how it can help you get more out of your daily interactions

Studies show socially connected people are happier, physically healthier and live longer!



Communicating Well:

1. Compromise
2. Make time for the special people
3. Have regular conversations about decisions, issues and planning



Realistic Expectations

1. Don't try to be "super-human"
2. Aim to be good, rather than perfect



Goal Setting

1. Focus on realistic goals and things you can control
2. Don't make major changes when your life isn't balanced
3. Start with the small things



What can you do to create more meaningful relationships in your life?

Support: EAP; A counsellor; A trusted friend or family member; Your Supervisor, Manager or site Health Specialist; Support group