HELPING HANDS

Relationships

(Excerpts from VeryWellmind, "self-improvement")

Interpersonal relationships make up a huge and vital part of your life. These relationships can range from close and intimate to distant and challenging. No matter the nature of the relationship, different types of relationships help make up the social support network that is pivotal for both your physical and mental well-being.

To better understand and discuss these relationships accurately, it can be helpful to learn more about the different types of relationships that a person can have.

What Is a Relationship?

A relationship is any connection between two people, which can be either positive or negative.

You can have a relationship with a wide range of people, including co-workers, family, and friends.

How to Keep Your Relationship Healthy

Regardless of how you define your relationship, there are important steps you can take to ensure that your connection is healthy. Strategies that can help include:

- Showing appreciation and gratitude
- Communicating openly and honestly
- Showing that you care
- Mutual respect
- Actively listening
- Showing interest in each other
- Being supportive and encouraging
- Feeling empathy for each other
- Having healthy boundaries
- Being trustworthy

Communication is often the single most important thing in a relationship.[7] Good relationships are also marked by honesty, trust, and reciprocity. Being able to talk openly and honestly with the people in your life allows you to share, learn, respond, and forge lasting bonds. This is a vital part of any relationship, including those with friends and family, but it can be particularly important in romantic relationships.

While all relationships are different and each one has its own ups and downs, being able to talk to your partner means that you'll be able to share your worries, show support for one another, and work together to handle conflict more effectively.

Conflict in Relationship

Relationship conflict can be a significant <u>source of stress</u>. When the conflict in your relationship is ongoing, it creates stress that can negatively affect the health and well-being of both you and your partner.[1]

<u>What Is Relationship Conflict?</u>

Relationship conflict is a disagreement between people (e.g., partners, friends, siblings, or co-workers). The root of the conflict might be something like a difference of opinion, experience, taste, perspective, personality, or beliefs.[2]

<u>Tips for Conflict Resolution</u>

While conflict is a part of life and relating to other people, it does not necessarily have to jeopardize your relationships. If you learn how to recognize conflict and work through it in a healthy way, it often strengthens your relationship.

The key is to learn and continually hone your conflict resolution skills. Being able to recognize and identify your feelings and express them clearly, learning how to be an active listener, and practicing assertive communication are just a few skills that can help you handle relationship conflict in a healthy way.

Your EAP Representative listed below can help you if you are experiencing relationship conflict. Contact them for a free and confidential consultation

The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer volunteers do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.

IAM EAP Director, District 142

Paul Shultz

704-907-3563 E-mail: <u>pmshultz@att.net</u>

<u>Tips for a Healthy Relationship</u>

1: Spend quality time face to face

2: Stay connected through communication

3: Keep intimacy alive

4: Learn to give and take in your relationship