

AccessEAP®

People in Focus



**THE POWER OF
POSITIVE RELATIONSHIPS**

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One of our most powerful capacities as humans is to form and maintain relationships. These relationships can look and feel different but often, the ones that give us the joy (and the most tears) are usually with our family, friends and loved ones. These strategies are for everyone, no matter where you are on the continuum of connection.

Some ideas to help improve and prioritise relationships on an individual level:

- 1. Communicate** with those closest to you (partner, loved one) about all the different parts of your day. This creates vulnerability which then creates deeper connections which leads to deeper satisfaction in relationships. Which equates to you give and then they give – win-win.
- 2. Make time** for your intimate and loved-one relationships. Set up dinners, coffees and walks (if you can't be physically together, meet up virtually). A good relationship is more than good luck.
- 3. Have a look** at your own love language *quiz here* because understanding how you want to love and be loved is a large part of the equation of a healthy relationship. Once you understand this, you can also talk to your partner about how they express their love.
- 4. When conflict arises**, rather than see it as a mistake or failure, look at how you both can learn something new about each other and say, "it's great that we are discussing this issue". Addressing conflict means that you can be open to new ideas and approaches to help the relationship thrive.
- 5. Ask for help** and/or offer assistance when required. Relationships do better when one person is open to the idea of needing support rather than just doing all the supporting (and vice versa).
- 6. Take responsibility** and be accountable. If there was just one small thing that could make a big difference in any relationship,

this would be it. Although it is a hugely vulnerable process, accountability creates trust, forgiveness and can deepen respect –all go a long way to improving relationships.

If you find that there are issues within your personal relationships that you would like to talk through with someone – please reach out and speak to one of our clinical team. EAP is not just for work-related issues, and please remember that our service is independent, impartial and confidential. Relationships are what keep us healthy. They are worth prioritising – as are you.

This tool was created by Kate McPhee, Learning & Organisational Development Consultant at AccessEAP. AccessEAP is our EAP provider and can help connect you with clinical experts who can help you support your mental health and wellbeing.

For more information or assistance, contact AccessEAP on 1800 818 728.

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