

FROM THE TEAM AT RAISE

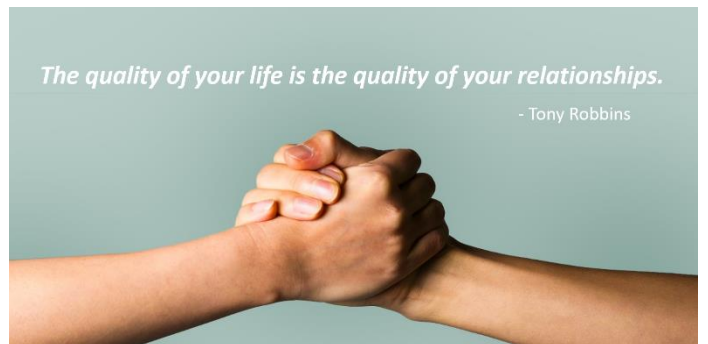


Kia Ora, Bula & Hello!

Whether it be at home, in the workplace or in the community, the quality of our relationships is going to impact our lives, so it's worth nurturing those we want (or have to have) and letting go of those we no longer need or that no longer serve us. This month's blog takes a look at some common causes of couples' relationship issues. All relationships have their highs and lows, even the happiest of ones. There is no escaping the tough times, but acknowledging and dealing with them, will help make a relationship much stronger.

The quality of your life is the quality of your relationships.

- Tony Robbins



Read blog - www.raisementalhealth.co.nz/Recognising-common-relationship-issues

Raise screensaver



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a joint venture with Southern Cross Healthcare

We've created a screensaver to help your team have our contact details handy. You can view the full image and select which size best fits your screen here –

www.raisementalhealth.co.nz/raise-screensaver.html

What a healthy relationship looks like

Our emotions and feelings are great indicators of when a relationship is mutually healthy, and equally when there may be cause for concern. When we feel great in a relationship it's likely that a range of healthy activities, thoughts and feelings are involved. When we feel negative, fearful or trapped, these are signs the relationship may not be a good one for us to be in, or at the very least that it needs some attention.

Consider the signs listed below and if you are concerned that any warning signs apply to your relationship, it's a good idea to talk to someone you trust (for example, a friend, family member, colleague, peer supporter, manager, EAP practitioner) for support.

HEALTHY SIGNS

- Open communication
- Shared values
- Mutual respect and trust
- Feeling safe
- Mutual affection and caring
- Having fun together
- Able to disagree without fighting
- OK to enjoy time apart
- Making important decisions together
- Healthy boundaries
- Realistic expectations
- Acceptance
- You inspire each other
- Active listening
- Appreciating others have different points of view
- Looking forward to seeing each other

WARNING SIGNS

- Guilt tripping
- Isolation from family and friends
- Gaslighting / manipulation
- Criticising
- Humiliating / embarrassing / belittling
- Lying
- Name-calling
- Verbal abuse
- Threatening or using force or violence
- Threatening self harm or suicide
- Laying blame
- Controlling behaviour
- Irrational behaviour
- Jealousy
- Abrupt mood changes
- Dreading spending time together
- Feeling fearful

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Creating positive relationships in the workplace

To be effective in your work and enjoy what you are doing, it is important to create positive relationships with those around you. Everyone wants to feel understood, nurtured, and supported, and it's important we each take responsibility for doing our bit. Here's some tips for creating positive relationships in your workplace.



Be yourself

It's hard to create positive relationships by pretending to be something you are not, so try and be natural. Always aim to bring your best self to work.

Be self-aware

Knowing your strengths and weaknesses will help you to be aware of the impact you have on those around you. Think about how you behave and how that affects others.

Be thoughtful

Everyone likes to be appreciated. Someone who checks in with another staff member who seems quieter than usual is being thoughtful. A leader who recognises an employee's contribution is being thoughtful. A bit of thoughtfulness shows the people around you that you genuinely care about them.

Enjoy your work

It is much easier to be positive when you are enjoying the work you are doing. Obviously nothing is fun all the time, but if you focus on making the best of your job it will help you feel positive and in turn foster positive relationships.

Be friendly

Being pleasant to be around makes everyone's life easier, whatever job you are in.

Learn how to manage stress

Check out our blogs on **Managing Your Mood** and **Managing Your Emotions** for some tips (links below).

Treat everyone equally

We may all have different roles but we all play a part in the success of the organisation. Be respectful of course, but try not to think of yourself as 'higher' or 'lower' than anyone else.

Add value

You can be the friendliest and happiest person in the work place, but if you are not getting your job done, someone else will have to pick up the slack and that makes for strained workplace relationships.

Stay out of workplace politics

Wherever possible, avoid getting involved in workplace politics. This will save you from getting caught up in negativity, misunderstandings, and gossip, which are all damaging to healthy relationships.

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Managing your mood blog - www.raise mentalhealth.co.nz/managing-your-mood

Managing your emotions blog - www.raise mentalhealth.co.nz/managing-your-emotions-mindfully

RAISE IS HERE TO HELP

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