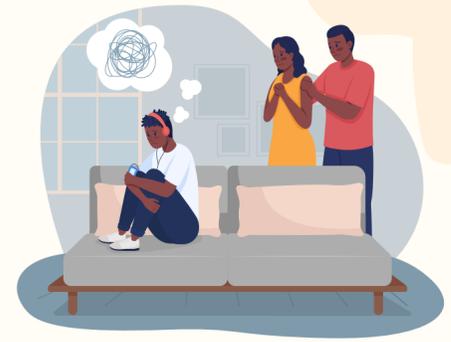


HEALTHY Family RELATIONSHIPS



The Student Counselling Unit
Mental Health Awareness Series
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THE IMPORTANCE OF FAMILY RELATIONSHIPS

- The family is often seen as the origin of a person's relationship experience; interactions within the family are seen as the precursors to later relationship success.
- Relationships play an important role in your life. Family relationships reflect more equal interactions between parents and children while peers and partners start to become more important.
- Healthy relationships provide opportunity for growth, a bond that enhances the self and others.
- A healthy relationship includes trust, respect and care. A healthy relationship with your family helps you learn to understand how other relationships are formed and maintained.

COPING STRATEGIES HEALTHY FAMILIES ADOPT

1. Make good use of support systems, including seeking help from extended family.
2. Develop family rules. Prioritising of family budget, taking turns doing chores and alternating family roles.
3. Have a resilient and flexible attitude.
4. Develop and strengthen good communication skills. Practice actively listening with your family members.
5. Focus on solutions rather than conflicting issues.
6. Reevaluate the congruence between expectations and commitment of family roles.
7. Recognise that stress is inevitable but can be controlled in daily life.
8. Recognise each other's needs, for e.g. youth developmental needs.

WHAT MAKES A HEALTHY FAMILY ?

Togetherness- Spending time together, celebrating birthdays together or playing games together. Knowing how to arrange family time together is important.

Appreciation- One of the basic human needs is to be appreciated. Learn how to appreciate each other whether it's through small acts of kindness or words of appreciation.

Good Communication- Creates a sense of belonging and reduces frustration. Good communication involves becoming a good listener. Healthy families use creative or constructive solutions instead of attacking one another.

Spiritual Wellbeing- Studies have shown that families with a common faith, assure mutual support. Spiritual wellbeing does not necessarily mean participation in religious activities. Your family could have a common mission such as volunteer work or other humanitarian activities.

Commitment- The family agrees on family goals. These can be flexible. The family members should know how these goals affect family life.

Coping with Stress- Healthy families are able to cope with a crisis situation together by responding in a rational, systematic and creative way.

