

# RELATIONAL WELLBEING



## Student Counselling Unit

### Mental Health Awareness Series

#### What is Relational Wellbeing?

Relational wellbeing is one of the key dimensions on the wellbeing wheel which represents holistic health. Relational wellbeing refers to the relationships and connections we have and how we interact with others. Relational wellbeing involves building healthy, nurturing and supportive relationships while fostering genuine connections.



#### How to Enhance Your Relational Wellbeing?

##### 01 KNOW YOURSELF

Reflect on your relational needs: What aspects of your social life can be improved and what aspects do you enjoy? Be aware of your words and actions as you interact with others.

##### 02 STAY POSITIVE

Shift the way you view your relationships to highlight how you compliment each other rather than where you clash. This will naturally improve relational wellbeing and foster a positive outlook on life .

##### 03 KEEP IN TOUCH

Maintaining connection via social media and "in-person get togethers" improve relational wellbeing.

##### 04 VOLUNTEER

Connection with your community can build stronger relational wellbeing. Volunteer at an organisation in your community or in your residence/faculty house.

*"Ubuntu, I am a person through other people.  
My humanity is tied to yours."- Archbishop Desmond Tutu*



#### Why is Relational Wellbeing Important for our Mental Health

Low levels of relational wellbeing can increase an individual's risk for developing psychological distress and can even contribute to individuals not being able to recognise and express their internal emotional experience. High levels of relational wellbeing can improve all areas of life. When you make the choice to improve your social health you will perform better under stress, increase your energy levels, boost your self-esteem and improve your overall physical health.

- Contact the UP Careline 0800 747 747 for 24h support and referrals to the peer support groups
- For more info or self-help resources check the Student Counselling Unit website <https://www.up.ac.za/student-counselling>
- For academic support consult with your faculty student advisor <https://www.up.ac.za/teaching-and-learning/article/2494904/faculty-student-advisors-fsas>
- For therapy/counselling email: [studentcounselling@up.ac.za](mailto:studentcounselling@up.ac.za)

#### Sources

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Department of Student Affairs

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