

# How to build and maintain healthy relationships

Healthy relationships are an essential component to maintaining your mental health



## COMMUNICATION

- Have the talk
- Open up the lines of communication
- Try to be direct about your situation and needs



## FOCUS ON POSITIVES

- Avoid negative relationships and behaviour
- Surround yourself with a core group that you can rely on



## BE MINDFUL

- Be aware that others may not know of or understand your illness
- Know that you are not a burden on others



## SET GOALS

- Having goals to work toward will build trust and keep you motivated to move forward
- Create opportunities to strengthen your existing relationships and build new ones



## SELF-CARE

- Be committed to your self-care
- Use the resources available to you (EFAP, medical professionals)