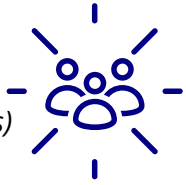


**LIFESTYLE MASTERY #4
TIP SHEET**

CONNECT



Remind me, why are positive relationships important?

We are 'hard-wired' as humans with the desire and need to connect. Positive connections (relationships) has incredible effects, with the addition of bolstering our resourcefulness and resilience.

4 WAYS YOU CAN HELP NURTURE YOUR EXISTING OR NEWLY DEVELOPING RELATIONSHIPS

- Evaluate your current social network including family, friends and colleagues. Think about who you trust, who is a positive force in your life and who would be there for you without hesitation. Spend time with these people and nurture these relationships.
- Regularly meet with a mentor or trusted advisor.
- Join a community/personal interest or hobby group. Expand your social network and help others.
- Identify people in your social network who you admire for their resilience and learn from them.

 **REMEMBER: Try to dedicate time each week to spend with the people who are positive for you in your life. Making time to "catch up for a coffee" regularly with your close family and friends often gets neglected because we are too busy, but it is a MUST for resilience!**

How can I tell if this is working or not?

Maintaining positive connections is crucial to both our wellbeing and to our resilience, however, if you find yourself going out constantly at the expense of your responsibilities, budget or wellbeing, then it is time to ask yourself if there's something you're avoiding.

If you find that your work, grades, house cleanliness, budget (etc) is being negatively affected by constant socialising, then you may need to rethink what you're doing. Focus on a mindful practice to help identify what you're avoiding and why.

What about boundaries?

Most people have definitely heard that learning how to say "no" can be crucial for those who are busy and time deficient. Boundaries are about setting an emotional barrier that helps protect your wellbeing. That is, saying no to people in our life who may be toxic or drawing you into dysfunctional relationships.

However, boundaries are not about isolating ourselves from the positive relationships, either. Maintaining the positive connection is crucial, and boundaries are there to help you believe and understand your abilities with 'what's on your plate'. Essentially, it is about learning to say "no" to those who may be detrimental to our wellbeing and making time for the positive and trusted relationships.

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.