

# HEALTHY RELATIONSHIPS

## BEING IN CONTROL OF MYSELF AND MY RELATIONSHIPS



### Who do you see?

- What/who do you see when you look in the mirror? Think of one or two positive things about yourself you see when you look in a mirror.
- Can it be difficult to see positive things about yourself? Is it easier to focus on the negative? Why might this be?

**Developing a strong, positive relationship with yourself takes practice and there are strategies you can use to help you. Start by recognising what your own thoughts tell you about who you are and how you are, and change them to positive ones if they are negative.**

**Social media can have both positive and negative influences on how we feel about ourselves. Try to have some strategies to manage content you may come across online that makes you feel negative about yourself.**

**EMBRACE YOUR STRENGTHS AND WEAKNESSES.**  
EVERYONE IS GOOD AT DIFFERENT THINGS.

**TAKE CARE OF YOURSELF.**  
THIS INCLUDES GETTING ENOUGH SLEEP, FOOD AND EXERCISE.

**FUN AND ENJOYMENT ARE IMPORTANT.**  
DO THINGS YOU ENJOY, IT CAN BE SIMPLE, LIKE A WALK IN THE PARK, A DANCE CLASS, LISTENING TO MUSIC – ANYTHING THAT GIVES YOU ENJOYMENT.

**FOCUS ON HOW YOU ARE FEELING AND WHY.**  
BE AWARE OF WHAT YOU'RE THINKING AND FEELING AND CONSIDER WHY. IF YOU'RE FEELING A BIT LONELY OR IRRITATED ASK YOURSELF WHY AND YOU'RE ON THE FIRST STEP TO FEELING BETTER.

**REGULARLY MAKE TIME FOR YOURSELF.**

TRY TO TAKE A LITTLE TIME FOR YOURSELF EVERYDAY WHERE YOU AREN'T ON SOCIAL MEDIA OR AVAILABLE TO ANYONE BUT YOURSELF.

**USE MINDFULNESS TECHNIQUES**

PRACTISE THE MINDFULNESS TECHNIQUES YOU'VE BEEN INTRODUCED TO IN JIGSAW LESSONS. TAKE A BIT MORE TIME TO PRACTISE HOW YOU CAN CALM YOUR MIND AND CONTROL WHAT YOU ALLOW INTO YOUR THOUGHTS.

**BE YOUR OWN BEST FRIEND.**

WHENEVER YOU HEAR NEGATIVE COMMENTS OR THOUGHTS, THINK WHAT YOU WOULD SAY IF THEY WERE ABOUT YOUR BEST FRIEND, AND THEN REFRAME THEM.



**THERE'S A PERSON ATTACHED TO EVERY BODY, RESPECT BOTH.**

HEALTHY RELATIONSHIPS ARE ALL ABOUT RESPECTING EACH OTHER. YOU SHOULD FEEL LOVED, SAFE AND FREE TO BE YOURSELF. RELATIONSHIPS CAN BE CONFUSING AND IT CAN BE DIFFICULT TO UNDERSTAND WHAT IS AND ISN'T NORMAL BEHAVIOUR.

BUT DISRESPECTFUL AND UNACCEPTABLE BEHAVIOUR CAN COME IN MANY FORMS. IT ISN'T LIMITED TO JUST PHYSICAL BEHAVIOUR; IT CAN ALSO GO WAY BEYOND THAT. IF SOMEONE MAKES YOU DO SOMETHING YOU DON'T WANT TO, MAKES YOU FEEL SCARED, INTIMIDATED OR TRIES CONTROLLING YOU, IT'S NOT ACCEPTABLE AND IS NEVER OK.



**REMEMBER:**

**IT'S CRUCIAL TO HAVE A GREAT RELATIONSHIP WITH YOURSELF BECAUSE IT'S THE ONLY RELATIONSHIP THAT YOU ARE GUARANTEED TO HAVE EVERY DAY OF YOUR LIFE!**