

Are you looking to create healthier relationships?

Who are we in relationships with?

First and foremost the most important relationship we need to foster is the one we have with ourselves. How's your relationship with you? Are you going strong or have you been feeling neglected lately? Often, the relationship we have with ourselves impacts on those around us. If we have a good relationship with ourselves, we treat ourselves and others with respect, we are more confident, happy, resilient and we can easily put boundaries in place and expect others to respect them.

If the relationship with ourself is neglectful, even toxic, others will disrespect us as we are disrespecting ourselves. Improving the relationship we have with ourselves is the first step towards all the relationships in our lives being healthy ones. Once we begin to take care of ourselves, and put our boundaries in place, we won't allow anyone else to disrespect us. We will begin to outgrow those who continue to disrespect us, we will no longer have much in common with them and we will find ourselves naturally progressing towards those who match our values.

So what are your values, have you studied these lately? The foundation to healthy relationships are shared values. To invite healthy relationships into our lives, we need to establish if another person's values match ours. Being our true authentic selves requires us to take a good long look at ourselves and to ask ourselves if our lives and actions are matching our values. This can be a difficult process as often it requires change which can be difficult, but there are many rewards and benefits if you have the courage to embrace change.

We can apply this if we are looking for a new career, does a company's values match ours, we stand more chance of success in all scenarios if they do.

Who else are we in relationship with?

Our partner, our children, extended family members, our work colleagues and our community.

Sadly these relationships that are so important to us are at times difficult to navigate. We need support from those around us when times are rocky. If we are having problems at work, we would appreciate understanding and compassion from our families at home.

If we are having problems at home, we would appreciate support and compassion from our work colleagues and within our workplaces.

Sometimes those problems at home can escalate and become more than a disagreement, particularly if they are a repeated occurrence, then they become something much more serious – Domestic Abuse. Many who are in a domestic abuse relationship don't recognise it as such. Often at the beginning of a relationship the behaviours can come across as loving, protective. Or if the relationship is long term, the behaviour can become normalised. Either way, the perpetrator knows what they are doing. Domestic Abuse behaviour is very insidious and the perpetrator knows how to manipulate and gaslight (making you think it's your fault).

Domestic abuse can affect anyone from any background, culture, religion, race, age, gender, it knows no social boundaries. It can impact on every area of life, a ripple effect that seeps out into the extended family and friends, impacting the community, into schools, colleges and

universities, affecting children's ability to learn, to make friends and eventually establish healthy relationships themselves. It follows a person into the workplace and impacts on the business they work for.

The impact is huge as currently 2.4m people are affected by domestic abuse every year, equating to 1 in 4 women and 1 in 6 men.

We need to be there for ourselves, to protect ourselves and so we can be there for others when they need us to be. By placing ourselves in a position of strength, we can be a 'safe space' when others around us are struggling.