

## We are the Mental Health Foundation

Our vision is for a world  
with good mental health for all.

Our mission is to help people  
understand, protect and  
sustain their mental health.

Find out how:  
[mentalhealth.org.uk/our-work](http://mentalhealth.org.uk/our-work)

## MENTAL HEALTH AWARENESS WEEK 16-22 MAY 2016

# Relationships



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#MHAW16

### How to support us

Make a donation:  
[mentalhealth.org.uk/donate](http://mentalhealth.org.uk/donate)

Take part in a challenge event  
or hold your own fundraising event:  
[mentalhealth.org.uk/events](http://mentalhealth.org.uk/events)

Sign-up to our e-newsletter:  
[mentalhealth.org.uk/newsletter](http://mentalhealth.org.uk/newsletter)

 [mentalhealthfoundation](https://www.facebook.com/mentalhealthfoundation)

 [@mentalhealth](https://twitter.com/mentalhealth)

 [@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation)

### 10 ways to look after your mental health



Talk about your feelings



Keep active



Eat well



Drink sensibly



Keep in touch



Ask for help



Take a break



Care for others



Do something  
you're good at



Accept who  
you are



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For more information visit  
[mentalhealth.org.uk](http://mentalhealth.org.uk)

For more of our How to... guides on a range of  
topics like sleep, exercise and anxiety, visit:

[mentalhealth.org.uk/howto](http://mentalhealth.org.uk/howto)

## Relationships matter

Good relationships help us live longer and happier lives with fewer mental health problems. These are the supportive connections we share with friends, family and our community.

Investing in these relationships is as critical to our health and wellbeing as other lifestyle factors such as eating well, exercising more and stopping smoking.

**Make your relationships resolution today:**  
[mentalhealth.org.uk/relationships](https://mentalhealth.org.uk/relationships)



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## Give your time

Put time aside to nurture important relationships. We can be so busy with school or work that we don't spend time with the important people in our lives.



## Be present

It can be tempting to check your phone, Facebook messages or even work emails when with family and friends. Try to be present in the moment and there for your loved ones.



## Listen

Actively listen to what others are saying in a non-judgemental way. Concentrate on their needs in that moment.



## Be listened to

Share how you are feeling, honestly, and allow yourself to be listened to and supported.



## Recognise unhealthy relationships

Are certain relationships making you unhappy? Recognising these can help you move forward and find solutions to issues.

