

Why are positive relationships so important?

Perhaps this seems like an obvious question?



Positive relationships:

- Create a sense of belonging and feeling valued
- Help to develop our self-confidence
- Give us a sense of security and comfort
- Enable us to engage in a wide range of activities, some of which we might not do on our own.



By surrounding ourselves with good friends, you are likely to:

- **Be less stressed or upset**, as we have social and emotional support from others. This leads to a reduction in the amount of cortisol (a stress hormone) that our bodies produce.
- **Have a greater sense of purpose**. As humans, it's natural to want to feel needed and like being part of something bigger. By helping our friends and family, we know that we are doing something good for someone else.
- **Heal more quickly**. This could be because: we've got people taking our mind off our ailments; or they could be reminding us to take our medication; or providing us with encouragement and emotional support to get better.

Task:

- Think of a close relationship you have with another person...it could be a friend, sister, parent etc
- Write down the name of this person
- Write down why this relationship is important to you
- Write down the good things about this relationship
- Write down anything that makes this relationship difficult at times
- Write down what you want from this relationship
- Write down anything you can give to the relationship