

Power of relationship

Role of family and close social circle in life emotional attachment with them and skills to improve positive relationship

Introduction

Healthy relationships are a vital component of health and wellbeing. Strong relationships contribute to a long, healthy, and happy life. Relationships can help you live longer, deal with stress, make healthier and richer

DEFINITION

- ⦿ Value; define as the principles or standards of behaviour ; ones Judgement of what is important in life.
- ⦿ Relationship is define as the way in which two or more people or things are connected or the state of being connected

Types of relationship

- ⦿ Parents
- ⦿ Siblings
- ⦿ Friends
- ⦿ Teachers
- ⦿ Neighbors

Value of relationship with parents

Those who have healthy relationships with their parents are more likely to develop positive relationships with other people around them. They are better at regulating their emotions when faced with stress and difficult situations. A secure attachment with parents helps promote a child's cognitive, emotional, and social development. And also help to exhibit positive social behaviours

Value of relationship with siblings

The quality of sibling relationships is one of the most important predictors of mental health in old age. People who are emotionally close to their siblings have higher life satisfaction and lower rates of depression later in life

Value of relationship with friends

Increase your sense of belonging and purpose. Boost your happiness and reduce your stress. And also help to improve your self-confidence and self-worth.

Value of relationship with teachers

Improving student's relationship with teachers has important, positive and long lasting implication for both students' academic and social development. The student is likely to trust her teacher more, show more engagement in learning, behave better in class and achieve at higher levels academically

Value of relationship with neighbours

Friendly relationship with your neighbors enhances your family's social life and creates meaningful relationships. Good neighbor is always there to help, extra home protection, enriching your social life, providing emotional support. Having good neighbors is important because it makes our life in a neighborhood safer, happier and more fun.

Skills to improve positive relationship

There are 7 skills for improve positive relationships

1. Accept and celebrate differences
2. Listen effectively
3. Give people your time
4. Develop your communication skills
5. Manage mobile technology
6. Learn to give and take feedback
7. Develop empathy

Accept and celebrate difference

One of the biggest challenges we experience in relationship is that we are all different. We can perceive the world in many ways. So accepting and celebrating that we are all different is a great starting point

Listen effectively

Listening is a crucial skill in boosting another person self-esteem, the silent form of flattery that makes people feel supported and valued

Listening and understanding what others communicate to us is the most important part of successful interaction

Show genuine understand

Restate or paraphrase our understanding

Give people your time

Giving time to people is also a huge gift. Being present in the time you give to people is also important. Devoting time, energy and effort to developing and building relationship is one of the most valuable life skills.

Develop your communication skills

Communication occurs when someone understands you, not just when you speak. Poor communication leads to many problems.

Manage mobile technology

Everyone has a mobile phone. While they are a lifesaver in an emergency and an effective tool for communication so manage it properly.

Learn to give and take feedback

The ability to provide constructive feedback to others helps them to tap into their personal potential and can help to forge positive and mutually beneficial relationships. Any feedback you receive it can help you to tap into your blind spot and get a different perspective.

Develop empathy

Empathy is reading another person's inner state and interpreting it in a way that will help the person and offer support and develop mutual trust. Empathy and understanding build connection between people. It is a state of perceiving and relating to another person's feelings and needs.