

Self-Help Resources for

RELATIONSHIPS WITH OTHERS

General Overview

Relationships with others can impact our mental health, emotional well-being, and social functioning. Friendships, family relationships, significant others, roommates, teammates, relationships with coworkers, professors, and classmates are all examples of the various forms of relationships we engage in.

Although each relationship dynamic is unique and people may have different expectations, values, and communication styles, practices such as setting boundaries and developing effective communication strategies can be useful across all different types of relationships.

Relationship Check-In

Signs of Potential Concern

- Dependence on others
- Feelings of isolation and/or avoidance
- Lack of trust
- Exhaustion or "burn out"

Healthy Practices

- Effective communication
- Mutual trust and respect
- Establishing boundaries
- Sense of independence



This handout includes information from the University of Illinois Counseling Center.

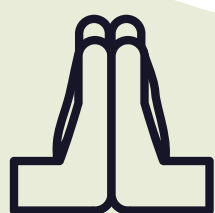
Helpful Tips

Self-Exploration



Take time to explore your values, expectations, and boundaries in relationships, and implement time for self-care.

Establishing Boundaries



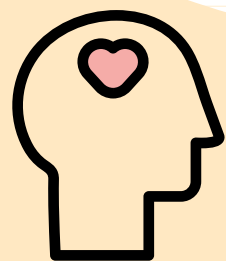
Boundaries are yours, and yours alone. They are the rules and limits we set for ourselves within relationships, and can be internal (expectations of self), or external (something we communicate to others).

Effective communication skills



Try using "I" statements to clearly state your needs, wants, and expectations. Hold space for multiple perspectives, and be an attentive listener who both gives and receives feedback

Exploring new relationships



Develop a variety of different relationships for broader social support: explore clubs, organizations, community resources, new hobbies, etc. to establish new connections.

Resources

Check out our full resource list via QR code!



Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu

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