

# Wellbeing & Counselling Tips

## Healthy Relationships



University of  
**Salford**  
MANCHESTER

### **Quality not quantity**

It can be easy to feel like you're unpopular if you don't have loads of friends but a couple of really healthy, intimate and trusting relationships are far more valuable than lots of relationships with no depth.

### **Talk effectively**

Communication is the cornerstone of a sound relationship. When you communicate only through action, the message can become distorted or misunderstood.

### **Own your feelings**

When arguing use "I" statements so you can explain how the other person has made you feel rather than "you" statements which makes the other person feel threatened and blamed.

### **Maintain boundaries**

A healthy relationship involves feeling respected, autonomous and cared for. If any of these are missing you may not be in a healthy relationship. You can speak to a wellbeing advisor for advice on this.

### **Keep your life balanced**

Other people cannot meet every need and a healthy relationship involves time away from each other with friends and family. Remember alone time is also important and it's ok to ask for this in a relationship.

### **Loneliness**

Lots of people can feel lonely at university. You can try to connect to others and form relationships by joining societies run by the student union or looking for meet-up groups near where you live.

**ask**



**WELLBEING &  
COUNSELLING**

[www.salford.ac.uk/askus](http://www.salford.ac.uk/askus)

