



STAYING CONNECTED



Most people agree that their relationships with their families are what make life satisfying and meaningful. For individuals who struggle with family relationships, it is important to be aware of this fact and make a conscious effort to develop other relationships that are important in our lives. While day to day life often gets in the way of nurturing these relationships, it is important to realize the need to stay connected and to work on staying connected to those you love and care about. In times of emotional need and distress, these relationships can be what sustains us through difficult times. Following are some keys to having and keeping strong relationships and support systems:

- ☺ Spend time with family and friends whenever you can
- ☺ If it is geographically difficult to stay in touch, call or email often
- ☺ Learn to nurture relationships by showing interest in other people's lives
- ☺ Plan time to spend together and develop shared traditions
- ☺ Ask for their help when you need it, and offer your help when they need it
- ☺ Set ground rules for dealing with difficulties or differences openly
- ☺ Respect the individual differences of your friends and family
- ☺ Remember unconditional love is important in lasting relationships
- ☺ Make simple talking and listening a priority, and your relationships will thrive

In society today, many families' live great distances from each other, are fragmented through divorce or other life's events, or are simply strained. As the stresses and strains of everyday life wear on us, it is important to have support to help us through difficult times. These relationships need to be cultivated with care and compassion over time, and require as much giving as we get back. Being aware of the importance of relationships and working to build and maintain them will in the long run make us healthier and happier.

For Further Information:

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