

Life Skills Series

Brought to you by SUTD Wellbeing Services

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<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

Remember that no relationship is a total waste of time. You can always learn something about yourself.

H. Jackson Brown, Jr.

Tips on managing relationship issues more effectively:

- ❖ Every healthy relationship is based on respect – respect for self and for others. You may not like others for being different from you but you could treat them with respect.
- ❖ Uphold yourself with dignity by being mindful of the boundaries that exist between you and others, as these boundaries have protective factors. For example, if someone rejects your friendship, respect their decision even though your feeling may be hurt.
- ❖ Building and maintaining a relationship requires you to develop communication and conflict resolution skills. For example, if someone asks you to do something that makes you uncomfortable, be assertive in communicating how you feel, even if it risks ending the relationship.
- ❖ Every relationship that does not work out offers learning points about yourself and/ or life. Learn it well so that it aids you in your personal growth.



You have heard of the saying, ‘no man is an island’. We are social creatures – much of our wellbeing hinges on the quality of our relationships with others, and with ourselves.

Consider this: Many of us would rather be remembered by others for what kind of person we have been, rather than for our qualification or riches. This would involve building healthy relationships throughout the course of our lives.

Relationship-building takes time, effort, skills, and qualities like respect and trust. We may not always have desired outcome despite our best effort in some cases, but if we truly value the importance of relationship, we will endeavour to develop healthy relationships a life-long commitment. While there may not be a perfect relationship, we could still enjoy meaningful bonds to enhance the quality of our lives.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

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