

"A good relationship is when somebody knows your ups and downs, your perfections and imperfections and still chooses to be by your side."

As humans, the relationships we form with other people are vital to our mental and emotional wellbeing, and really, our survival. Humans have an inherent desire to be close to other people. To connect and build relationships. Positive relationships are important and affect students in a way that they are likely to feel happier and satisfied with their lives, it increases their sense of worth and belonging and gives them a sense of purpose and fulfilment.

A relationship is a connection between two or more people. As humans, we share different kinds of relationships with our family, friends, teachers, peers and neighbours. Relationships play a key role in the lives of students too. Let's read on to find out how we can cultivate good relationships

### In this newsletter, you will find:

- **Tips on Building Healthy Relationships**
- **Effective Communication & Boundaries**
- **Book Recommendations**
- **August Journal Prompts**
- **Upcoming events**

**Keep reading for more!**

HEALTH & MIND CLUB

# The Importance of Relationships in our Lives

AUGUST NEWSLETTER  
| 2021

# Building healthy relationships

We need to learn how to build and harness those relationships with people and keep them alive, and here are some tips on how to do it:

- **Listen to each other**

Listening is key. Good listening allows us to demonstrate that we are paying attention to the thoughts, feelings and behaviours of the other person. This is crucial to maintaining productive relationships, and sometimes the only way to establish communication

- **Communicate openly and without judgment.**

Respecting someone's opinion means that you do not censor it, or that you understand how someone could reasonably come to that conclusion. Respect in any relationship is key.

- **Trust and respect each other**

Trust is the foundation for good relationship. Trust means you can rely on the person, you can confide in them and feel safe with them.

- **Engage in healthy activities together**

Being social and spending time with others helps you cope with stress and models the ability to love oneself without degrading others. Spending time with your family and loved ones, helps you to cope with challenges better, instils a feeling of security and fills you with confidence too.

## HABITS FOR STUDENTS

A student's life involves a lot of communication with teachers, peers and of course, classmates. This is the reason why relationships in a student's life are especially important. Here are some things you can do, as a student, to build friendly relationships with peers and teachers.

**COMMUNICATION:** The key to a strong relationship is proper communication. Talk to the people around you, even though you may feel shy at times while talking to new classmates and teachers whom you haven't spoken much with, but it's okay as it can help you build your confidence and come out of your shell. Be a bit more open to your friends and never hesitate to ask help when needed.



Another way is to **engage** in group discussions, activities, debates and speeches. Be responsible and fulfill your responsibilities when needed. These helps in developing other people's trust in you and improves your reputation

**Be compassionate!**  
Understand and respect the opinions of your fellow students and teachers, and support your classmates and peers when they need it or when they are down.



↳ **“Sometimes you will never know the value of a moment until it becomes a memory.”**

Have you ever thought about how lucky you are with the best of the people around you? We are surrounded by our loving parents, supportive friends and the best teachers who all are, in one way or the other, helping us to grow as loving, caring, responsible and powerful individuals.

Our relationship with these people depends on the value we give to them. Unless we lose something, we never really value that. We have an attitude of “taken for granted”. Now it's time to open our eyes and see the value of these relationships in our life.

If we communicate openly, it will help to relieve our stress. It is much more powerful than all the stress medicines we have in the market. A relationship is never one-sided. For a good relationship to thrive, we need commitment and open-mindedness to take things positively.

Relationship is not limited to people; it includes the environment we live in and all the living beings around. Sometimes, we form a bond even with the strangers whom we see regularly outside our comfort zone. Relationship is such a powerful and comfortable thing and thus we should positively enjoy this, throughout our life.



Through all of the sections so far, healthy communication is mentioned as the most important feature of a good relationship. But how exactly do we develop healthy communication?

# TIPS ON HEALTHY & EFFECTIVE COMMUNICATION WITH OTHERS

## Make connections.

Make time for people and show that they have your attention, stay in touch with the other person, make sure they can express themselves and feel heard. Be compassionate and respectful in your communication. Making connections is more wholesome than always being right or having your say.

## Express empathy.

When hearing about someone's problems, we may feel inclined to try and help by giving advice, asking questions, and distracting them from the issue by talking about our own. Expressing empathy is usually appreciated by most people. Empathizing instead of interrogating or dismissing someone's feelings will help develop a healthier connection.

## Prevent misunderstandings.

Avoid the assumption that the other person has got the message we are trying to get across. Misunderstandings can cause trouble in interaction and even lead to arguments. Take your time before responding and enquire if you are unsure of what the other person meant.

## Become an engaged listener

When conversing with others, we often focus on what we should say. However, effective communication is less about talking and more about listening. Listening well does not just mean understanding the words or the information being communicated, but also understanding the feelings of the person and the emotions the speaker is trying to convey.

## Pay attention to body language

The way you look, move, and react to another person tells them more about how you're feeling than words ever can. Non-verbal communication or body language includes facial expressions, gestures, eye contact, posture, the intonations of your voice, and even your muscle tension.

## Look for compromise and be cooperative

Instead of trying to win the argument, look for a solution that meets everybody's needs. Cooperate with others. People may have different views from you, but that doesn't mean it is an opportunity to argue with them.

# Importance of Boundaries in Friendships

Boundaries are the rules and limitations one sets to maintain healthy relationships with the people around them. Having healthy boundaries means being able to say no to a person when you want to. Boundaries also refers to your personal thought process. Always agreeing and seeing eye to eye with another person is not possible. Everyone has different experiences in life thus we all have different values, beliefs and thoughts. All of us have different opinions and we should be ready to take a stand for these opinions.



Many people misunderstand the concept of boundaries. They consider boundaries to be rude or disrespectful. Yet healthy boundaries are the necessity of any relationship. Without some mental and emotional boundaries relationships cannot thrive. Having no boundaries in a relationship can result in feelings of hate or resentment. We all have limits, having healthy boundaries means being able to sense when these limits are in violation and being able to refuse to anything we are not comfortable with. We also need to know how comfortable others are with something so that we do not accidentally violate their boundaries. There are different types of boundaries we need to understand and respect these.

## TYPES OF BOUNDARIES

### 1) Opinions

It is healthy for us to be friends with people whose views and backgrounds differ from our own. However, it is also important to honor that difference and the individual values both parties have. A friendship won't work if you're constantly bashing each other's values and trying to make the other person "see the right side". We often discuss things we might find important with our friends but remember to be respectful even if you disagree.

### 2) Emotional needs

Part of a friendship is being there for each other. There may be times when your friend may need someone to talk to, but you're not feeling up to the task. You can't help someone else when your own mind is a mess. It's going to harm both of you. It's important to be able to communicate that, and to know that your friend won't get offended if you do so.

### 3) Privacy

We're not equally close with all our friends. You may tell some people more than you do others.

## 4) Physical Boundaries

Physical boundaries include your need for space, your comfort with being touched and your physical needs like eating food or resting. It is always OK to let people know that you want some personal space or that you need to rest or eat food.

It's important to respect that privacy and not push for information when the person doesn't seem willing. It doesn't make you a "fake friend" if you don't feel comfortable sharing everything.

## 5) Jokes

Sometimes

there may be situations in which one of your friends makes a joke about a seemingly harmless topic.

However, it may be something that is important to you and thus, the joke causes you to feel offended.

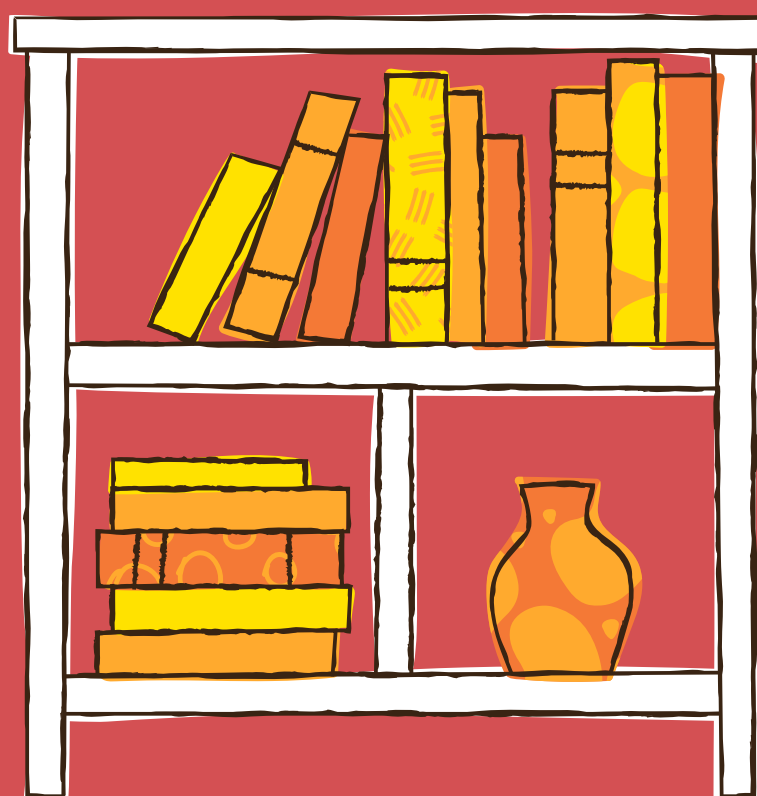
For example, imagine a situation. You're wearing a special sweater that you love because it was gifted to you by your grandma; but it's conventionally ugly. One of your friends teases you about it, asking if you "picked it up from the local dumpster". You feel offended. You explain the situation to your friends, and they back off with the jokes. No harm is done.

The situation was easily resolved because you communicated. However, it would've been much tougher to talk about it if it was a more sensitive topic like marks or appearance. If your friends continued making jokes about it, you would have eventually felt resentment build against them. So, it is important to communicate your boundaries even when it comes to jokes, because not everyone's ideas are the same.

## 5) Support & saying no

We may all have those friends whose decisions we don't necessarily agree with. It's tempting to offer them advice and tell them the "right" decision. However, those are their choices to make and their decisions to take. It's perfectly alright to have an open discussion and let them know where you stand on the issue, but ultimately; it's their choice and it's important to respect that. This also applies to things like peer pressure. It's important for you to be able to say no and have it be listened to, especially with your friends.

## BOOK RECS



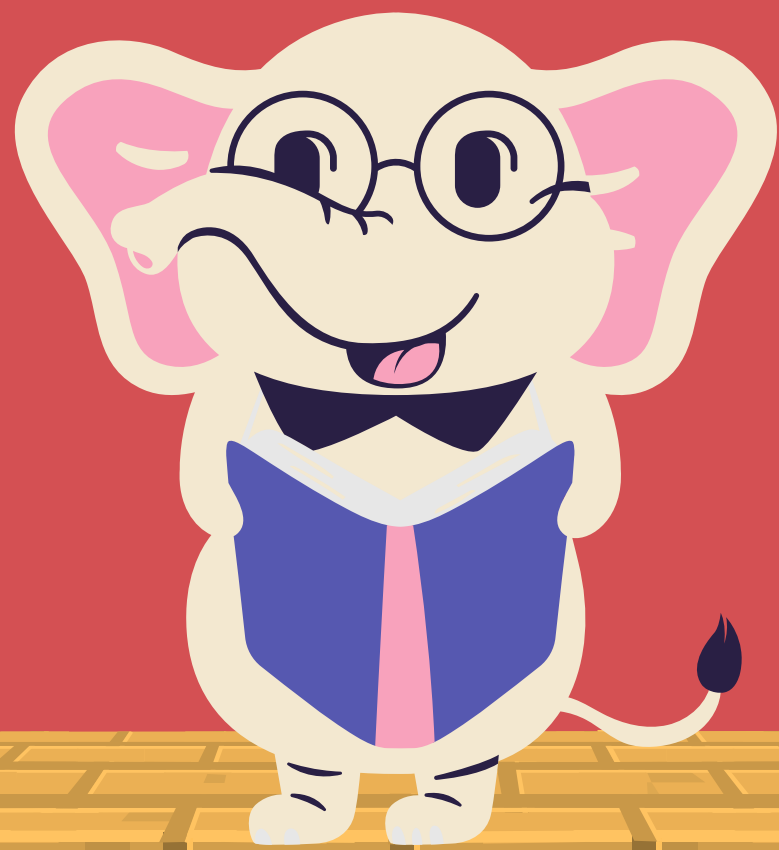
"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou.

Books are unique in the sense that they allow you to experience lives completely different from your own, and yet take away lessons from them. Here are a few books centred around life and the relationships we build in it.

# Suhani's Recommendations

- 1) The Opposite of Always by Justin A. Reynolds
- 2) The Perks of Being a Wallflower by Stephen Chbosky
- 3) I Know Why the Caged Bird Sings by Maya Angelou
- 4) The Book Thief by Markus Zusak
- 5) The Sun is also a Star by Nicola Yoon

I ♥ BOOKS



Divya's

## 1) Darius the Great Is Not Okay by Adib Khorram

The trials of female friendship are common in YA, but something that is less commonly covered are the ups and downs of male relationships. In Darius the Great Is Not Okay, it is the friendship between Darius, a half Iranian American teen battling clinical depression, and Sohrab, literally the boy next door when Darius visits Iran for the first time.

## 2) Swing Time by Zadie Smith

Travel from London to West Africa in this story of a complicated childhood friendship and how those early bonds can reverberate through our lives. The incisive book explores the challenges of growing up, escaping one's roots (or finding them) and how deep inequality runs.

## Recommendations

# UPCOMING EVENTS

by H&M Club

## Stamp out Stigma Activity:

This activity will aim at bringing out the stories of those who've overcome their mental health issues and developed a positive attitude towards life and its challenges.

# IMPORTANCE OF RELATIONSHIPS INFOGRAPHIC

## STUDENT'S LIFE

In today's world, students face a lot of stress, anxiety, pressure due to various factors. Students mainly face stress due to exam pressure, peer pressure and pressure from parents to get good grades. Most of them tend to feel angry at such times and don't tell the issue to others or seek help. This aggravates the issue.



A good relationship starts with good communication.

## TIPS ON HEALTHY COMMUNICATION

1. Healthy relationships among classmates can also help in minimizing the negative effects of stress.
2. Talk to your trust worthy buddies at all times, share happiness or sorrows. Talking to our friends makes us feel better.
3. Reach out to your parents and ensure two way communication with them.
4. Always create a safe and trust worthy environment.
5. Start all communications with a positive feedback.

## WHAT CAN YOU DO?

At such a situation, it is always necessary to seek help and talk to others. Talking to our closed ones and sharing our problems with them makes us feel better. Positive student relationships are fundamental to success.

## POSITIVE EFFECTS OF RELATIONSHIP:

1. It builds motivation.
2. Increases our focus in academics.
3. Positive Relationships improve student behaviour.



# CREDITS

- The Importance of Relationships in Our Lives, Building Healthy Relationships - ***Gia Monteiro (10E)***
- Habits for Students - ***Alaina Nayak (9E)***
- “Sometimes you will never know the value...” - ***Rohan Manoj (9M)***
- Tips on healthy & effective communication with others - ***Moeen Ahmed (11K) & Sandhya Viswanathan (9C)***
- Importance of Boundaries - ***Kushagra Binwani (10H)***
- Types of Boundaries - ***Livleen (11D)***
- Suhani's Recommendations - ***Suhani Gupte (12D)***
- Divya's Recommendations - ***Divya Gupta (9D)***
- Upcoming Events - ***Adil Najmal (11M)***
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