



Relationship Wellbeing Check-In



Small reminders for everyday
connection



Relationships
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Relationship wellbeing is an important part of overall wellbeing. Feeling emotionally safe, heard, and supported can positively impact our mental health, confidence, and connection with others.




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Weekly Wellbeing Check-In

- 1 How have I been feeling emotionally this week?
- 2 Have I felt heard and supported?
- 3 Have I communicated openly and honestly?
- 4 What helped me feel connected this week?
- 5 What do I need more of next week?

Gentle Relationship Wellbeing Reminders




♥ Rest matters

Give yourself permission to slow down. Rest can mean better sleep, quiet time without screens, taking breaks, or simply allowing yourself time to recharge emotionally and physically.

♥ Boundaries matter

Healthy boundaries help protect your emotional wellbeing. This might mean saying no when you need to, communicating your needs clearly, taking space after difficult conversations, or making time for yourself without guilt.



♥ Communication matters




Open and honest communication helps relationships feel safer and more connected. Try listening without interrupting, expressing feelings calmly, checking in with loved ones regularly, and avoiding assumptions

♥ Connection matters

Small moments of connection can make a big difference. Spend quality time together, put phones away during conversations, share meals, go for walks, or simply ask someone how they're really feeling.

♥ Asking for support matters

You do not have to manage everything alone. Reaching out to trusted friends, family, support groups, or professional counselling can provide comfort, guidance, and reassurance during difficult times.



Simple Ways to Support Emotional Wellbeing



1. Check in with yourself regularly
2. Practice active listening in conversations
3. Take breaks when emotions feel overwhelming
4. Spend quality time with people who help you feel safe and supported
5. Seek professional support when needed





DAILY MOTIVATION



**YOU DESERVE
RELATIONSHIPS THAT FEEL
SAFE, SUPPORTIVE, AND
KIND... INCLUDING THE ONE
YOU HAVE WITH YOURSELF.**



01293 657055
reception@relationshipssussex.org.uk


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