





**Through the Eyes of Youth**

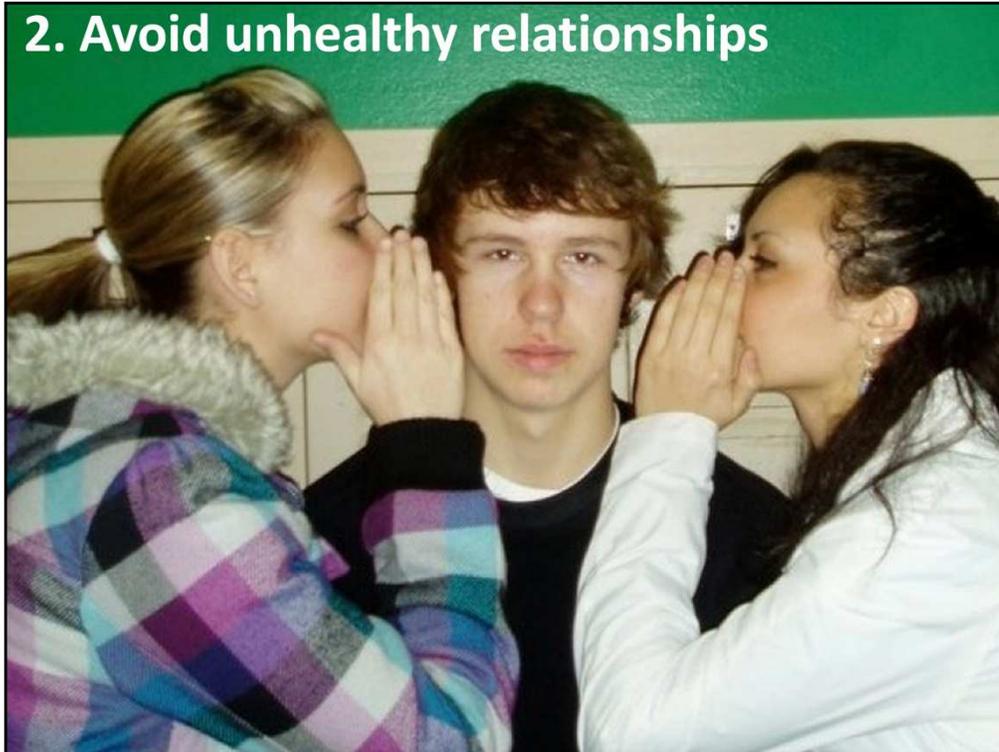
These are photos from the Oregon Youth Public Health Photo Contest:  
<http://www.northwesthealth.org/photocontest>

## 1. Develop healthy relationships with other people and with yourself



- Most people only need a few close relationships, excluding family. Some of those relationships may be with coworkers, or not. Hundreds of Facebook friends isn't necessarily an indication of social wellness.
- Ideally our existing relationships are built on respect and trust. Sometimes establishing new healthy friendships can feel risky.
- Having a healthy relationship with yourself is the basis for healthy relationships with other people. Practicing loving and accepting ourselves can assist us in our relationships with others.

## 2. Avoid unhealthy relationships



- Work towards letting go of relationships that are harming you.
- Look instead for people who have flourishing relationships, and spend more time with them.
- Limit the amount of time and energy you put into negative relationships that involve conflict.



### **3. Learn to get the support you need**

- Sometimes it can take courage to ask for help with issues in your life (e.g. childcare, feeling isolated, making new friends.)
- Having at least one person you can trust to talk problems over with, and to share good news with can help.

## 4. Be active in your community



- Follow your passion and volunteer in a capacity that helps your community – be it your church, child’s school etc. Contributing to the health of your community impacts how you feel about yourself.
- It is nice to develop healthy close relationships with other people who share your passion.

## 5. Help other people



Research shows that people who offer help or support to other people have better emotional health and wellness than those they are helping.

You receive more social support, with improved social health, when you help other people.

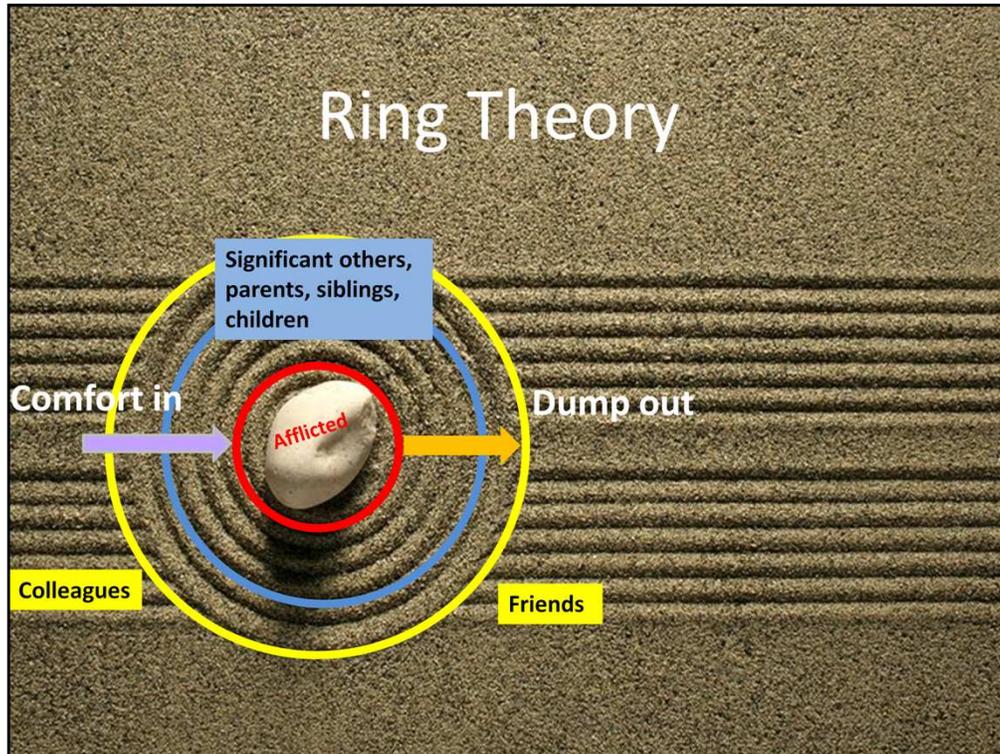


As we have discovered with through Participant Centered Services, active listening is a key component to building relationships. Lots of ways to listen to each other and how we listen to someone may change based on who we are talking to.

**How to support each other at work**



**Using the Ring Theory**



Visual map for handling communication dynamics

Kveching is a Yiddish word meaning chronic complaining, nagging, grumbling.

The person in the center ring can say anything she wants to anyone, anywhere. She can kvetch and complain and whine and moan and curse – that is the one payoff for being in the center ring. Everyone else can say those things too, but only to people in larger rings.

Before you open your mouth, ask yourself if what you are going to say is comforting and helpful. If it isn't, don't say it.

If you want to scream or cry or complain, if you want to tell someone how shocked you are or how icky you feel, or whine about how it reminds you of all the terrible things that have happened to you lately, that's fine. It's a perfectly normal response. Just do it to someone in a bigger ring.

### The Rings:

Draw a small circle in the middle of a piece of paper. This is the centre ring. This is your patient.

Now draw a larger circle around the first one. In that goes the people closest to your patient. Their immediate family, their closest friends.

Another ring. Other friends and more distant relatives.

In the next ring out, place yourself and the doctor who is the primary care giver for this patient.

Next ring out. Other nurses, doctors and healthcare professionals in your unit.

Next. Other nurses, doctors and staff in your hospital.

Etc. Etc. You get the idea.



Images courtesy of Youth Photo Contest sponsored by Northwest Health Foundation Content sourced from Health and Wellness for Families <http://www.healthandwellnessforfamilies.com/health-wellness/social-health/>