

Relate NI

6 TIPS TO IMPROVE WELL-BEING IN A RELATIONSHIP

01

Tell your family/ partner why you appreciate them every day.



02

Remember to take some alone time- you sometimes need a break from each other!

03

Ask family/ partner; "How can I help?"

04

Start a new hobby or learn something new together.

05

Take a walk and talk about your day.



06

Put your phone down when you are speaking to them!

