



## Relationships, Support and Wellness

### Resiliency

*What is it? As one person put it:*

“Bouncing back from problems with more power and more smarts.”

If you got this sheet, chances are good that something is going on that is really affecting you and you reached out for help. That’s huge.

Studies show that caring and supportive relationships can help enhance resilience. This sheet looks at connections: how past and present relationships affect our health, stress and coping. It gives you the necessary tools to improve your well-being. Or you can give this sheet to help a friend or family member who may need support.

### Relationships

*Everybody deserves someone who:*

- ✓ Cares about you
- ✓ Is kind to you
- ✓ Asks how you are/if you need help
- ✓ Values and supports you as you are

People who have friendships and/or relationships like these are much more likely to have support that helps them overcome hardships.

### Childhood

**Lots of people experienced or witnessed violence during childhood.**

Maybe they saw one parent or caregiver physically hurt another.

Maybe there were substance abuse or mental health problems at home.

All of this can affect your physical health (like chronic pain, headaches, heart disease) and mental health (like depression, anxiety, suicidal thoughts) and parenting and relationships through your life. It can also lead to using alcohol or drugs to try to feel ok.

### Good News

*What can be done about it?*

**A lot. Chances are you know some of them.**

- ✓ Spend time with supportive friends and family members.
- ✓ Talk to healthcare providers or other helping professionals.
- ✓ Make sure you are physically active, exercising, and eating well.
- ✓ Listen to songs that make you feel stronger.
- ✓ Re-imagine your story. Studies have found that when people re-think their story in ways they would like things to be, it helps them to have a more hopeful outlook and feel more empowered.

### Partners?

**Is your relationship unsafe or disrespectful? Ask yourself:**

- ✓ Does my partner shame or humiliate me?
- ✓ Does my partner try to control where I go, who I see or what I do?
- ✓ Does my partner threaten me, hurt me or make me feel afraid?
- ✓ Does my partner make me do sexual things I don’t want to do?

No one deserves to be hurt by their partner. If you answered YES to any of these questions, your health care provider can support you and connect you to helpful programs.

### Coping Strategies

**How is your health? How are you coping? Ask yourself:**

- ✓ Am I so anxious it’s hard to do everyday things?
- ✓ Am I smoking more to try and calm myself?
- ✓ Am I using alcohol, prescription medications or other drugs to make the pain go away?
- ✓ Do I ever feel so bad that I have thoughts of suicide?

If you answered YES to any of these questions, it may be the result of chronic stress. Talk with your health care provider right away about how to get help. You are not alone.

**If you are having difficulties in your relationship, with drug or alcohol use or having feelings of suicide, you are not alone.**

**For confidential help 24 hours a day, call:**

**National Domestic Violence Hotline**

**1-800-799-SAFE (1-800-799-7233)**

**TTY 1-800-787-3224**

**www.thehotline.org**

**Alcohol and Drug Helpline**

**1-800-662-4357**

**National Suicide Lifeline**

**1-800-273-TALK (8255)**

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