

Healthy Relationships and Mental Health

Understanding the Impact of Trauma on Relationships

- Trauma challenges a person's sense of safety and security in the world. If a person's sense of safety has been threatened, it can result in a lack of trust. This can influence that individual's behavioral patterns, and ability to communicate and to connect with others. Trauma can also lead to hurt feelings, isolation, assumptions, and can present with many barriers to a healthy and successful relationship (Phoenix Society, 2022).

Elements of a Healthy Relationship

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| • Communication | • Self-awareness | • Healthy Conflict | • Honesty |
| • Boundaries | • Trust | • Safety | • Support |
| • Understanding | • Independence | • Time | • Fun |

Promoting Healthy Aspects of a Relationships

- Emphasize the positives: take the time to practice gratitude and self love in your relationship.
- Share the spotlight: practice active listening and show support in your partner's interests; avoid monopolizing every conversation.
- Normalize time apart: recognize and support each others needs for time alone.
- Practice respect and healthy intimacy: discuss the expectations of intimacy in the relationship and respect each other's boundaries.

Resources

- Haven House Domestic Violence Crisis Hotline
 - Call: 716-884-6000 or Visit: www.cfsbny.org



- Child & Family Services EAP
 - Call: 716-681-4300 or Visit: eap.cfsbny.org

