

Family Matters

WELL-BEING RELATES TO RELATIVES.

Your family is where you learn who you are and how to relate to others. It plays a vital role in fulfilling the human need to belong and have close, long-term relationships. Whether you are a child, teen, or adult, family experiences can promote or hinder your well-being.

TIPS TO FOSTER FAMILY WELL-BEING:

- Live a healthy lifestyle together.
 - Plan for, shop, and eat healthy foods.
 - Exercise as a family if you can. Or, promote physical activity suited for each family member.
 - Get enough sleep.
- Plan to eat at least one meal a day together. Have each person talk about his or her day, such as stating the best part and worst part.
- Spend time together. Attend important events for each family member.
- Express care and concern. Be available to help each other out. Listen, listen, listen.
- Practice good manners. Say, “Thank you” and “You’re welcome.” Make it a practice to send thank you calls, notes, letters, or emails to others for gifts and other acts of kindness.
- Express affection. Say, “I love you,” “I care about you,” and “You mean a lot to me.”
- Discuss the value of the family as a whole. Encourage individual expression and development.
- Define clear, yet flexible roles for family members. Assign family chores.
- Keep the house as organized as possible.
- Discuss the need to adapt to changes and deal with stressful events.
- Seek professional help for problems the family cannot deal with on its own.

FACTORS THAT PROMOTE WELL-BEING:

- Being well cared for and feeling secure
- Receiving trust, love, support, and hugs
- Spending quality time together
- Listening well to each other
- Solving problems in a positive way
- Positive mood of family members
- Satisfaction with job and/or being a parent
- Being involved with partner and children
- Higher income and/or financial security



Action Step

This week, let at least two family members know how much you love them. Visit or call a relative who is alone or would be happy to hear from you.