

Maintenance

Helping Relationships

After having worked hard to accomplish a goal, like achieving good eating and exercise habits, one oftentimes wonders, how do I keep this up? An important part of maintaining healthy change is getting support from others. Helping relationships

can encourage and remind you to keep healthy habits and can give you support when you need it. It's kind of like having a buddy system!



RESPECT

Does this person understand you? The key is that the person accepts you for who you are and appreciates your uniqueness – like your sense of humor and your personality. Respect in a relationship means that each person values who the other is.



TRUST

Trust is another way of saying that you can count on someone. When there is trust you are not worried about the person repeating to others what you say. You feel comfortable and can be yourself.



A helping relationship is one that demonstrates the following:



SUPPORT

We all need help and encouragement sometimes. Someone is supportive when they are understanding and have faith in you. You can turn to this person when you doubt yourself and they will remind you that you can do it.



HONESTY

When someone is honest they don't hold back the truth – even when it's tough to hear. Someone who is honest with you will let you know if you mess up, but they will also help you make things right.



COMMUNICATION

This person should be easy to talk to and it should be someone that 'gets' you.

Who are your helping relationships?

You can have helping relationships with more than one person. A helpful person could be a parent, sibling, family member, peer or other helpful adult like a teacher, counselor, or doctor. Consider talking to one or more of these individuals. Share with them your health goals and ask them to support you as you work to keep up the healthy changes you've made.

For more information visit: www.HealthyMeFlorida.com