

**NOT
SURE?**

electrogroup Q&A

Relationships & Dealing with Breakups

We all have relationships of all sorts. Sometimes they work out, and sometime they don't.

People come and go in our life, but we need to make sure that either way we look after ourselves, our mental health and emotional health.

What does a healthy relationship look like?



People in healthy relationships love and support each other. They help each other practically as well as emotionally. They are there for each other in the good times and the bad times.

Healthy relationships are commonly based on:

- **Respect**
- **Trust**
- **Open communication**
- **Cooperation & support**
- **Both shared and individual interests**
- **Understanding**
- **Honesty**
- **Care**



Healthy relationships don't just happen. They take time to build and need work to keep them healthy. The more positive effort you put into a relationship, the healthier it should be.

What does an unhealthy relationship look like?

If you see one or more of these signs, it could mean you're in an unhealthy relationship:

- You feel that you are doing all the compromising.
- Family and friends start taking distance from you.
- You stop doing things that you used to enjoy, because your partner hates them.
- You lose your boundaries and your sense of self.
- You need to ask for permission to do things.
- You skip work because your partner wants you to be with them.
- You take decisions that don't feel right within you.
- You keep staying with your partner, in the hope that they will change.
- You start abusing alcohol or drugs.
- Feelings of guilt, shame, and hopelessness start to emerge.
- There is physical and emotional abuse involved in the relationship.



Do's and don'ts of a breakup!

Have a conversation

Keep busy

Get in Touch with your mates

Express your emotions (in a healthy way)

Give yourself some time to heal

Talk to a counsellor

Watch this!



Ask for HELP!



Need Assistance?

Your Field Officer

Employee Assistance Program

More Resources

[Dealing with Relationship Breakups](#)

[Why men and women deal with breakups differently](#)

[How to cope with family breakups](#)

[Does and don'ts after a breakup](#)

[ReachOut](#)