



Create a family culture you want to live with...

A family that enjoys one another's company provides the perfect prevention for feelings of isolation and loneliness, despite the fact there may be times when you think you can't live with them and even want to run away! The modern family comes in many shapes and sizes and regardless of how yours is made up, here are a few suggestions for creating a family culture you'll want to live with.

F – frame your future. Have a vision for how you want your family to 'look' in 5 years, 10 years, 20 years from now. Talk about the type of family you want to be. Let everyone know they're part of a great family. Post a manifesto for all to see.

A – acknowledgment. Acknowledge others and their efforts regularly. Little statements like "I noticed _____" or "Thank you for _____" go a long way towards creating a great family culture. Remember to acknowledge yourself too.

M – meetups. "Meet to munch" together at least 5 times a week! Eating together is proven to play an important part in building resilient families that stay together. It's the perfect opportunity to catch up with each other's activities.

I – imperfections. Everyone is imperfect. Embracing the fact that you're imperfect (with room for growth) allows you to accept that the ones you love are also still growing. This is an important key to feeling accepted and better connection.

L – listening. Respectful listening keeps communication open. When others feel 'heard' and 'understood' there is less need to be so 'loud'. The real message is often found by watching body language or by listening 'between the lines'.

Y – yielding. If you didn't yield to other traffic on the road there would soon be a collision with all the mess to clean up afterward. Next time you feel like you're locking horns, remember that 'what you resist persists'. Try out a new perspective or a different way of approaching a problem area to yield better results.

Belonging to a family is a wonderful privilege when there are strong bonds built on love and respect. These bonds are a secure base for healthy self-image and good mental health, minimising feelings of loneliness and isolation that are so common today. The effort of striving for better relationships pays off with connections that last a lifetime.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Write a Family Manifesto. Eg. We are family. We work and play together. We do second chances and "I'm sorry". We give hugs. We say, "Well done" and "Thank you". We believe in one another...

"Love, connection and belonging are the universal sources of true well-being."

Anonymous

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