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## Self-care isn't selfish. It's essential.

When we're in a relationship, finding time for ourselves can seem like a selfish act. When we take time to understand and fulfil our own needs, we equip ourselves with the tools to engage more meaningfully and compassionately with others. One of the most significant "Self-care benefits in relationships" is the enhancement of self-esteem and confidence. A strong sense of self, nurtured through self-care, is the foundation of healthier, more balanced relationships. It equips you with the tools to be more empathetic, patient, and understanding. Self-care doesn't have to be elaborate or time-consuming. Here are some simple, yet effective strategies to enhance your physical and mental well-being:

- **Physical Well-being:** Start with the basics like adequate sleep, a balanced diet, and regular exercise. Even a short daily walk or stretching session can do wonders. Remember, a healthy body is the vessel for a healthy mind.
- **Mental Well-being:** Give yourself permission to take mental breaks. This could be as simple as a few minutes of deep breathing or enjoying a quiet cup of tea. Indulging in hobbies that relax your mind, like reading or gardening, can also be incredibly therapeutic.

For more information about the self-care, including the self-care calendar for September please visit <https://actionforhappiness.org/calendar>. The calendar can be downloaded in over 15 different languages.

## RPC online micro learning sessions

We offer online micro learning sessions focusing on different aspects of supporting families around parental conflict, each session is only 60 minutes. **Bring your lunch and let's learn!**

### Our micro sessions planned for this year:

- 12th of September 1-2pm "Reducing Parental Conflict support pathway and resources"
- 25th of September 1-2pm "Supporting healthy relationships among parents who become carers"
- 15th of October 1-2pm "Reducing Parental Conflict support pathway and resources"
- 13th of November 1-2pm "Talking to families about parental relationships"
- 6th of December 1-2pm "Distinguishing Parental Conflict from Domestic Abuse"

To book any of the online learning micro sessions please scan the QR code or click here to follow the link to the Eventbrite website and choose your preferred session. If you need assistance please email [Magdalena.Dziedzina@bromley.gov.uk](mailto:Magdalena.Dziedzina@bromley.gov.uk)



## Recognizing signs of an unhealthy relationship

An unhealthy relationship is one where a partner, ex-partner or close family member shows abusive behaviour that is disrespectful, controlling or even violent. While all relationships have their ups and downs an unhealthy relationship may be, or may lead to, domestic abuse and it is important to recognise the signs of unhealthy behaviours. Card number 9 from the set of Relationship Thought Prompt cards includes the signs to look out for that may help identify an unhealthy or abusive relationship. To access the card, please [click here](#) or scan the QR code.



Unhealthy relationships are built on power and control. In the beginning, unhealthy behaviours might not seem like a big deal. However, insults, jealous accusations, yelling, put-downs, shoving, pushing or other abusive behaviours, are unhealthy and disrespectful. By having conversations about relationships professionals are better placed to identify both Parental Conflict and Domestic Abuse.

The priority should be managing potential risk of harm, so it is important to rule out Domestic Abuse before commencing Parental Conflict work. Where there is a concern, local policies and procedures to address Domestic Abuse should always be followed. If you are unsure, liaise with Domestic Abuse specialist services and in Bromley this is Bromley and Croydon Women's Aid [www.bcwa.org.uk](http://www.bcwa.org.uk).