



Ways to enhance interpersonal relationships

Many students wish to establish a long-term friendship in university life.
Do you know how to make a relationship work?

Here are some tips that you can consider in order to keep a good peer relationship in university life.

1 Respect and listen



Respecting each other does not mean you have to agree with others without your own judgement. Indeed, it is a good opportunity for you to listen and understand another person's real thoughts, needs and personal values.

2 Create harmony and diversity in relationships

Everyone has unique personality and experiences. You do not need to be exactly the same with others. On contrary, you can accept and honor yourself and others sincerely, and draw on the strengths of each person.



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3 Set a healthy boundary

Friends can take different roles. Some friends can share secrets, some are suitable for hanging out and having fun together, some are good study partners, and some share common hobbies. So, not all your friends serve the same purpose, setting boundaries with friends is an essential part of maintaining balanced and healthy relationships.



4 Maintain proper personal space and distance

Different people have different levels of need on personal space. If you don't keep some distance with your friend, both of you will easily feel "suffocated" due to the lack of personal space, which would lead to an end in a friendship.



5 You can say "No"

Many people feel guilty and being impolite when saying "no" to others. They feel obligated to offer an explanation to justify this unfavorable response. Stress may appear when they make up the reason for explanation and this will lead to problems in both physical and mental health. Remember, you can say "No" to others. Being nice to self is the beginning of being nice to others, which is beneficial to the relationship in long run.

