



Practise Good Mental Health

GETTING ALONG WITH PEOPLE



NO MAN IS AN ISLAND

In our daily life we need to interact with others. If we interact positively we can achieve good mental health which will enable us to live life to the fullest.

What Will Happen If You Do Not Get Along With People?

- Misunderstandings
- Accusations and resentment
- Threatening environment and hostility
- Deteriorating quality of life



Tips on getting along with people

Be Respectful

To gain respect one must respect others. Always address someone by his/her name. Speak politely and ask for permission when you need someone's help.

Be Attentive and Sincere

Learn to listen when somebody is talking. Do not interrupt and give unwanted advice. Try to maintain eye contact.

Be Flexible and Cooperative

Learn to cooperate and compromise with other people. Be sensitive to what they need and desire.





Be Accepting and Forgiving

Learn to accept people's strengths and weaknesses. It is important to be able to forgive other people's mistakes, because by doing so, other people will also accept and treat us the same way.



Acknowledge and Compliment

Learn to appreciate other people's contributions by giving appropriate compliments and credits whenever it is called for.





The key to a harmonious life is to get along with the people around you