

Reconnect With Family

Many families fall victim to life's busy requirements. Some use an eventful lifestyle as an excuse for not being seriously active in their family's lives. This year, make a resolution to make your family stronger by reconnecting.

Having tension within your family can lead to disorders such as anxiety or depression. It is important to stay close with your family members even if the situation causes discomfort.

SIGNS OF MENTAL HEALTH DISORDERS

The National Alliance on Mental Illness reports that 43.8 million adults in America will suffer from some form of mental illness each year. Here are some warning signs the organization reports could be connected to mental health issues:

- Suddenly becoming high risk and making out-of-control decisions;
- Significant changes in weight (large gains or losses);
- Excessive use of drugs or alcohol; and
- Sad or unmotivated feelings that last longer than two weeks.

If you notice any of these warning signs, contact your doctor and discuss your feelings and concerns about mental health.

FAMILY RELATIONSHIPS

Having a strong family bond will lower your risk of mental illnesses. A robust relationship gives you a sense of belonging and purpose and will even boost your confidence and lower stress.

It may seem like a challenge



to reconnect with family members with whom you have lost touch. Be it due to disagreements, long distances or even just disconnecting due to a busy schedule, rebuilding your

relationship will give you a sense of contentment and happiness. Strong family bonds can even cause an improvement in blood pressure and increase life expectancy.

REBUILDING THE BOND

To rebuild a relationship with a family member, it is crucial that both parties are on board with reconnecting.

If the feeling and effort is

mutual, participating in short, direct conversations can be a great start. Once you regain familiarity and trust, longer conversations will soon follow.

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