

New year, new relationship?

GOOD RELATIONSHIPS ARE ESSENTIAL TO ENJOYING LIFE, WRITES ISABELLE HOLDEN. FIND OUT HOW POSITIVE CHANGES CAN MAKE A BIG DIFFERENCE.

Big cheers to 2023! The new year is finally upon us. 2022 is over and it's now time to welcome in new beginnings. And the best part? The new year gives us the excuse to make resolutions.

But, before making any big changes, perhaps consider taking some time to reflect on last year. It may have been a great year, or perhaps for some, maybe it wasn't the year you expected. Whatever happened, just remember that it's never too late to change the tide of your life, and 2023 may be the year to do just that.

A positive start

Good relationships are somewhat essential to enjoying life. However, in today's day and age, healthy relationships can be difficult to maintain. Juggling our professional, social and personal lives can be rather hectic. So, it's understandable that when the weight on ourselves feels heavy, our relationships can in-turn be affected.

It may sometimes feel as though we're surrounded by a wave of broken-relationships, making it easy to feel disheartened. But, like with most things in life, it's vital to not lose hope.

It's all about you

First and foremost, it's vital to remember that you are the most important person in your life. You are the top priority.

For any relationship to work, whether it be a friendship or a romantic partnership, self love is so important. As the saying goes, 'you can't love someone else until you learn to love yourself', and ultimately it's true.

If self love is something that is a struggle, 2023 could be the year to try and change this, a time to focus on your personal growth.

Positive self-talk is the first step to a healthier relationship with yourself. Begin the year in a forward-looking way, and consider repeating positive affirmations each morning to begin your day.

Rather than focusing on the things you may not like so much, tell yourself what you do like.

Make a note of five things each day that you like about yourself, or perhaps things you are grateful for. Showing gratitude will help you appreciate the little things in life, helping you to see the good in everyday.



Looking for love in 2023?

The restrictions that paused our lives for so long are now well and truly gone. So, maybe now it's time to take full advantage of our long-awaited return to freedom and step out into the dating world. Here are our top tips:

Confidence is key... Self-belief is vital. The way you carry yourself can have a huge impact on your dating success. If you carry yourself with confidence, it will make you appear more attractive to others. Step out of your comfort zone and maybe even make the first move – get ready to show the world the best version of you!

Be more outgoing... Say yes! If you have a history of saying no to first dates, maybe now is the time to start saying yes! Be more outgoing in 2023, and things are sure to get exciting. And if it doesn't go to plan? Well, at least it's a story to tell!

Don't force anything... If you're not feeling it, don't carry it on. You know yourself better than anybody. Don't rush into anything, and if it doesn't flow then they have to go! Always remember, it's better to be single than being with someone you're unsure about.

Red flags are real... It can be so easy to ignore red flags. Pushing all the issues aside may be okay for the short-term but it won't make them disappear completely. So, if something doesn't seem right, chances are it probably isn't. Be open about your feelings and ensure good communication. If someone isn't fulfilling your needs, then walk away. There's plenty more fish in the sea.



Newly single?

The comfort of your relationship has disappeared and you've been plunged into the world of dating. But, it is the new year after all, so ultimately it's the perfect time to embrace single life.

Being newly single can be daunting, so it's completely understandable if you're feeling a bit out of your depth initially. Take time for yourself this new year and learn to adapt to the change.

In your past relationship you may have become reliant on your partner, so perhaps consider taking this time to focus on your personal growth by actively striving to become more independent. Learning to be happy with your own company can be very fulfilling.

As tempting as it may be, don't jump straight into a new relationship. Yes- keeping yourself busy is essential to heal, but filling the time with a new partner is not the answer.

Instead, consider taking up a new hobby. Join the gym, read a book, or maybe if you're feeling really brave- go on a solo trip. Exploring a new place alone with full reign on where you go and what you do really could be the perfect medicine – what could be better?

How to maintain healthy relationships

Okay, so maybe 2022 was a successful year in your dating life. But, let's not forget- there's always room for improvement. So let's make 2023 even better!

Whether it be in a friendship setting, or something on a romantic level, maintaining healthy relationships with those nearest is essential.

If you've been with your partner for a while, it's vital to ensure you actively communicate with each other. Keeping the spark alive can sometimes feel difficult, but mutual effort is key to make sure things don't fizzle out. So be sure to celebrate milestones and treat your partner when you can.

In terms of friendships, avoid drama by talking openly and staying loyal. Fulfilling friendships can add so much to your life so make sure you make time for your friends.



Feeling the love? Now, it's over to you

Whether you choose to focus on friendships this year or revamp your love life, or perhaps even both- cheers to a happy and healthy 2023!