GETTING ALONG WITH PEOPLE

No Man Is 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?

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

Be Respectful

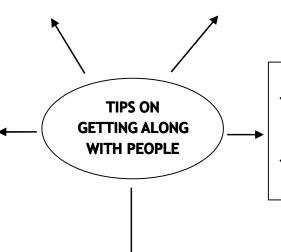
- ✓ To gain respect, one must respect others. Always address someone by his/ her name.
- ✓ Speak politely and for permission when you need someone's help.

Be Attentive & Sincere

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

Acknowledgement & Compliment

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



Be Flexible & Cooperative

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

Be Accepting & 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.

This article was extracted from the educational brochure produced by Ministry of Health Malaysia.

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