

Relationships Australia

MEDIA RELEASE

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The Key to Mum's Happiness is Time

The key to mum's happiness is time - whether it be spending more time with her or giving her time to relax and enjoy Mother's Day, on Sunday 10 May.

According to the Relationships Australia/CUA Relationships Indicators Survey 2008, when asked what would improve their happiness and wellbeing, one quarter of people said more time with family/partner; being closer to family and improving relationships.

The survey found the top response for increased happiness and wellbeing was more money and better finances, finding two key external influences contributing to relationship breakdown are financial stress and work pressures.

"There may be pressures to buy an expensive gift on Mother's Day, but a gift doesn't have to cost a lot of money to be appreciated," said Rhonda Lawson Street, National Director of Relationships Australia.

"With finances, employment and the economic crisis being such a negative force on relationships, time is the one commodity that we can afford.

"Cooking breakfast, relieving her from chores, writing a card or simply spending the day with her can often be more enjoyable and a greater expression of gratitude than anything you buy in a shop," says Ms Lawson Street.

The 2008 Relationships Indicators Survey marked a decade since the first survey. It portrays a picture of Australian society in which social contact is a central part of a happy and healthy life.

About Relationships Australia

Relationships Australia is a leading provider of relationship support services, aimed to support all Australians to achieve positive and respectful relationships. Relationships Australia is a community-based, not-for-profit organisation with no religious affiliations.

With more than 60 years experience, Relationships Australia provides confidential relationship support services in every state and territory, including counselling and education for individuals, couples, families and communities; family dispute resolution; family violence prevention; personal development; and training for professionals.

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