

Stress Management December 2020



Tips for better communication

Communication is key to having a healthy relationship. In turn, healthy relationships are key to stress management. People in your life want to be reassured that what they're feeling during stressful times is understandable. They want to feel connected.

Here are a few tips on how you can communicate with your friends, family, and loved ones during stressful times.

Create a trusting environment

One sign of a healthy relationship is feeling good about yourself around your partner, family member, or friend. Help your loved ones feel safe when talking about how they feel. Help them feel valued, and let them know they can trust you with their emotions. It's normal for people to disagree with each other, but conflicts shouldn't turn into personal attacks. You can disagree without hurting each other.

Know when to listen

Sometimes a friend or loved one needs a shoulder to lean on. Try to resist the urge to offer up your own opinions or experiences when someone is expressing a concern to you. Simply listen and think about what they are saying before offering any personal opinions. It's hard to know the right thing to say when someone confides in you. Sometimes listening and being empathetic to their situation is the best route to take.

Communicate with your kids

Make time for your kids each day. Whether they need to talk or just be in the same room with you, make yourself available. But don't force your kids to talk. Sometimes kids just feel better when you spend time with them after a stressful day. Eventually, they will open up. Together, you can come up with a few solutions.

Be thoughtful

Expressing your needs and being factual can help remove negative emotions from difficult conversations. Offering a more needs-based approach might help you reach an agreement. When you respond without reacting to your initial instincts, you remain thoughtful of others. For example, instead of saying, "I'm mad at you for leaving a huge mess in the kitchen," you could say, "Next time, I would appreciate it if you cleaned up after yourself."