



RELATIONSHIPS

During the Coronavirus Pandemic



Our relationships are essential foundations to our health and wellbeing. Through our experience of supporting people and their relationships we've come to understand that relationships not only give our lives meaning, they are of vital importance to our wellbeing. Research and evidence now demonstrates why good quality relationships matter.

Good quality relationships are a crucial protective factor which can shield us from the effects of long term health conditions; aid our recovery, and can even prevent illness in the first place. Conversely, poor quality relationships are risk factors for poor health and wellbeing.

Our counsellors have pulled together the tips below to help you and your family negotiate the challenges posed by the Coronavirus pandemic and lockdown.

Stay Connected

Maintain contact with your friends and family. It can be a lot to expect all of our social and relational needs to be met by the people in your house. Using technology to keep in contact with friends, other family members or work colleagues helps to bring new energy into the household.

Manage Conflict

Agree to listen to one another's petty annoyances before they become major issues. At the same time also consider what minor annoyances don't matter in the big scheme of things and practice the art of letting things go or balance these up with the qualities you appreciate in the other person. Listen with the intention of understanding what the other person is saying, and take time to reflect on what you've heard.

Communicate

It's important to take the time to check-in with one another on a regular basis, especially when we're feeling stressed or anxious over aspects of being locked down such as financial pressures, concern about our own or a family member's health, or the frustrations of being stuck in doors. Try to agree times when you can have important discussions – this way you can avoid interruptions.

Self-Care

The most important relationship we have is the one with ourselves. Plan some 'Me' time into your week. Living under the one roof can feel a bit claustrophobic at times – it's OK to want to spend time alone perhaps reading, listening to music or going for a walk by yourself. Looking after ourselves helps us to look after our families.

Share the Load

Share household tasks – lots of relationship resentment develops when one member feels burdened by responsibilities and not respected by others. Make sure chores around the home are shared out fairly – even young children in the home can get involved in daily tasks helping to create a feeling of family unity.

Relate NI Can Help

If you and your partner or family are experiencing particular challenges, and you feel you could benefit from professional support, Relate NI offer a range of therapeutic services which are currently available by telephone and web. These services are:

- Relationship Counselling for Individuals
- Relationship Counselling for Couples
- Children and Young People's Counselling for children over 10 years old
- Psycho-Sexual Therapy
- Family Therapy

Contact us on 028 90323454 or on office@relateni.org to make an appointment.

covidwellbeing

— — — — ni.info

This information was provided by



Discover more from this series on our website:
www.covidwellbeingni.info

