



HEALTHY COMMUNICATION IN THE AGE OF SOCIAL DISTANCING

Good communication is the key to any healthy relationship. In the age of social distancing, creating and normalizing healthy communication skills can make dealing with conflict easier, establish your own boundaries, and ensure the space you are in is the safest possible for yourself

CONSIDERATIONS WHEN THINKING ABOUT HEALTHY COMMUNICATION

BOUNDARIES ARE PERSONAL AND VARY PERSON TO PERSON.

SELF-CARE. OPEN COMMUNICATION ALLOWS YOU TO MAKE YOURSELF A PRIORITY

ASSERTIVENESS. BE CLEAR AND CONCISE ON WHAT YOUR BOUNDARIES ARE.

FLEXIBILITY. YOUR BOUNDARIES CAN CHANGE AND THAT'S OKAY. ONLY YOU HAVE THE POWER TO DECIDE THAT. AND ITS OK TO COMMUNICATE THIS

CONSERVATION. COMMUNICATION AND BOUNDARIES ALLOW US TO CONSERVE OUR EMOTIONAL ENERGY

HOW TO COMMUNICATE IF YOU ARE ANGRY OR ANNOYED

STOP. IF YOU GET REALLY ANGRY ABOUT SOMETHING, STOP, TAKE A STEP BACK AND BREATHE. TAKE A SHORT BREAK BEFORE CONTINUING THE CONVERSATION

THINK. AFTER YOU'RE NO LONGER UPSET, THINK ABOUT THE SITUATION AND WHY YOU GOT SO ANGRY. WAS IT HOW YOUR PARTNER SPOKE OR SOMETHING THEY DID? FIGURE OUT THE REAL PROBLEM THEN THINK ABOUT HOW TO EXPLAIN YOUR FEELINGS.

TALK. FINALLY, TALK TO YOUR PARTNER AND WHEN YOU DO, FOLLOW THE TIPS ABOVE.

LISTEN. AFTER YOU TELL YOUR PARTNER HOW YOU FEEL, REMEMBER TO STOP TALKING AND LISTEN TO WHAT THEY HAVE TO SAY. YOU BOTH DESERVE THE OPPORTUNITY TO EXPRESS HOW YOU FEEL IN A SAFE AND HEALTHY ENVIRONMENT.