NZDF COVID-19
HEALTHY RELATIONSHIPS: PARTNERS

Yikes!! Suddenly spending a lot of time together with loved ones or long periods apart? Workmates starting to grate? Children confined and hard to handle? Full house and working from home? Health concerns, financial worries or job insecurity? Health issues? Uncertainty ahead?

All of these can place significant demands on relationships. How can we keep our relationship healthy?

COMMUNICATE WITH EACH OTHER

- ✓ Keep talking
- ✓ Keep listening
- ✓ Anticipate relationship derailers & hurdles
- ✓ Agree a plan to manage together
- ✓ Check in daily & recalibrate if you need to
- ✓ If you are apart - keep connected via internet, social media, written letters, phone calls.

BE HONEST & OPEN

- ✓ Say how you are feeling
- ✓ Say what you really mean
- ✓ Be mindful how it may be received
- ✓ Be open to info given in the same way
- ✓ Be kind

MAKE A PLAN TOGETHER

- ✓ Plan daily activities and routine
- ✓ Dedicate time for fun activities
- ✓ Problem solve and set achievable goals
- ✓ Focus on the things you have control over
- ✓ Ask for help if you are stuck – don't let things escalate
- ✓ Plan what you are going to do when this is all over!

NURTURE EACH OTHER

- ✓ Be there for each other
- ✓ Show appreciation
- ✓ We all get titchy sometimes – give each other space and recognise it's not about you
- ✓ Be prepared to say sorry
- ✓ Be prepared to forgive
- ✓ Make and savour special moments

BE A TEAM

- ✓ Take turns and share the load – kids, chores, work, fun
- ✓ Make space - 'me' time, 'you' time, and 'us' time
- ✓ Don't sweat the small stuff
- ✓ Some days may be tough, take a breath & be kind to each other
- ✓ Better together

PREVENT & MANAGE CONFLICT

- ✓ Take time to pause…. before things escalate
- ✓ Talk and work out a way forward together
- ✓ 'Own' what you are saying & try to give an example
- ✓ Use 'I' statements as in 'I feel …..when you….because…….

REMEMBER, IT'S NOT OK TO:

- X Shout/throw abuse/ be physical
- X Deprive someone of essentials to live
- X Manipulate to get the outcome you want
- X Be dishonest

Check out the **F4F COVID-19 PAGE** for useful contacts & resources related to this topic.