

Conflict Resolution Tips During Quarantine

1.) PERSONAL TIME

Due to the current situation, you may have noticed the increase in quality you have with your partner. This can be nice, but personal time is still important for your well-being. Set a time when you and your partner can participate in personal interests.



2.) ACCEPTANCE

Focus on what you value, appreciate, and respect about your partner. It can be a reminder that we are all facing stressful times and we may not be at our best.



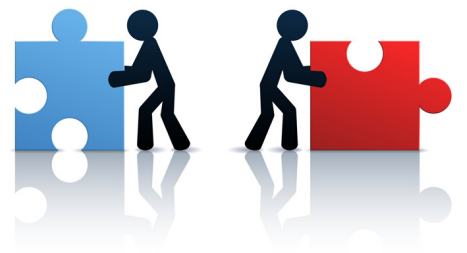
3.) TALK IT OUT

Talk through what each of you are struggling with individually & as a couple. If you both know what situations or behaviors that may create conflict, you can make a plan on how to handle them.



4.) TENSION = SPACE

When tensions occur, it's okay to create space. Share with each other time out method. It can be either going to another room or stepping outside for some fresh air. Let your partner know that you need time time out to cool down and think.



5.) CONNECT WITH OTHERS

Connecting with others during this time can lessen the pressure in your relationship. Try reaching your friends & family through technology.



ADDITIONAL SUPPORTS

For additional supports, or to answer any questions please refer to the following lines:

ECRC Warm Line: 431-275-2290 Mon -Fri 10-6 pm

Provincial Domestic Violence Hotline: 1-877-977-0007

National Domestic Violence Hotline: 1-800-799-7233