

Relieve the Pressure Prompts

Week 1 - How Might Winter Affect Us?

CONVERSATION PROMPTS: NOVEMBER 14TH-20TH

Communicating effectively is key to maintaining healthy relationships, which can act as a protective factor for our wellbeing this winter. Here are some prompts to guide conversations with your partner this week;

1. **How are we feeling going into this winter? Excited Anxious? Angry? A Mix?**
2. **How will this winter look different for our family? What will have to change? What do we have control over?**
3. **What is our budget? What can we realistically deliver - where can we seek help and support?**
4. **What promises can we make to each other about how we manage stress over this time - can we agree to a weekly check in?**



TOP TIPS TO RELIEVE THE PRESSURE THIS WEEK

- **Create an action plan together.** From budgeting to mapping out social and other events - be realistic about what you can and want to do and start to manage the expectations of others.
- As well as planning time together, schedule in time over the busy festive period to **nourish your relationship with yourself** - it's the most important one we have you know!
- Consider those around you who may be vulnerable. Where can you **use your relationships to add a protective factor** to them and their wellbeing?

WHAT NEXT?

For a range of tips, tools & videos to support you to 'Relieve the Pressure' on your relationships this winter, visit;

[Relateni.org/Campaigns](https://relateni.org/Campaigns)

Our expert relationship counsellors are also on hand to support you this winter. To discuss your options, call us on;

02890 323454

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