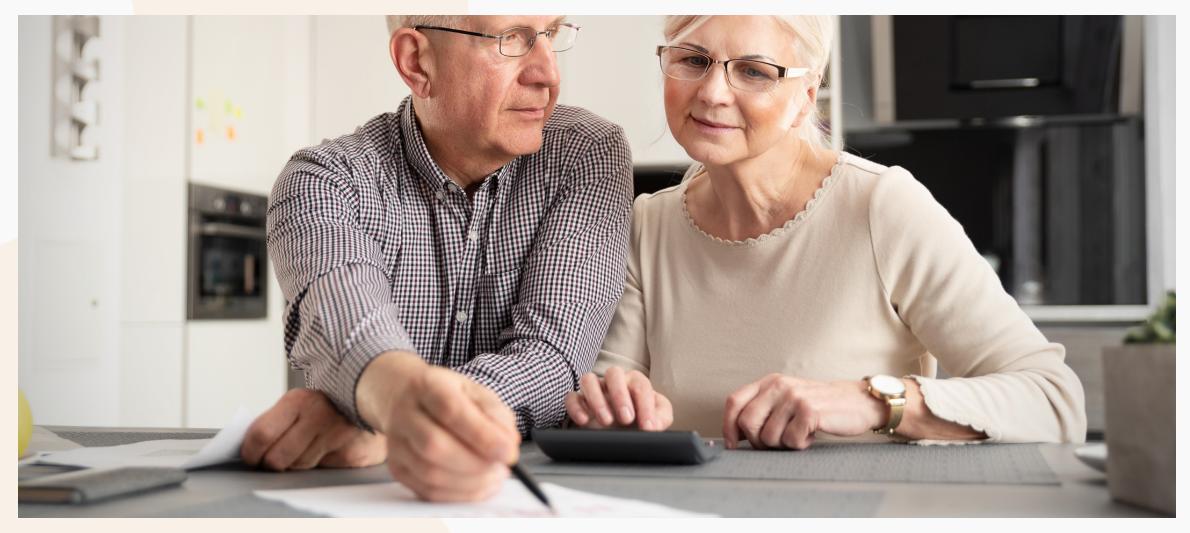
Relate NI

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 eachother about how we manage stress over this time can we agree to a weekly check in?



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

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

02890 323454

we can Relate

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?