

# 7 Minute Reflection

07

## Ask for Help!



You are not alone. If you find yourself struggling, feeling anxious or worried ask for help. **Its ok to not be ok!**

There are organisations who can advise and support you such as the Samaritans and Mind

<https://www.samaritans.org/>  
[www.mind.org.uk](http://www.mind.org.uk)

06

## Review your expectations



What we think our relationships should look like, determines our contribution to it.

Expectations can lead to bickering. Prioritise appreciation of each other over expectations.

05

## Respect each others privacy



We don't have to be with each other all the time, even if we live in the same house. Time away from each other is important. Try to agree time to be alone in a space where you are undisturbed. Set up a traffic light system.

04

## Be Supportive



Everyone needs support at times. Being supportive can mean different things. Just being 'present' is sometimes enough, other times we may need to ask....What would help?

## Mutual Respect



The views and wishes of others are important too. During times of stress we can allow our own worries to override our ability to consider others opinions and perspectives. Let others know that their thoughts and opinions are important and matter to you. Make time to listen and hear what is being said.

02

## Speak Up



Try not to allow negative feelings or misunderstandings to develop into arguments. If something is upsetting you talk about it calmly and openly. Its always best to talk rather than hold things in. This also improves our well being.

03

## Compromise



Differences of opinion are a natural part of any relationship. It is important to find a way to compromise and find a solution which respects each others views. A positive relationship will understand and accommodate each others needs.

### Other useful websites

<https://www.actionforhappiness.org/10-keys-to-happier-living>

<https://www.relate.org.uk/relationship-help/>

