



Isle Listen

Positive Communication
During Times of Stress



A key part of any relationship is positive communication. At times when we are feeling stressed, we can often let our emotions get the better of us and respond to questions or requests in a negative way. This can be further exacerbated when we aren't able to let go of these negative emotions in our usual ways, and we have to remain in close quarters with the same people for extended periods of time.



In order to maintain good relationships with family members and others that we may be in quarantine with, we must remember to communicate effectively. All families have conflicts and argue now and again, but they make the time to talk about things and share feelings to better understand each other's perspectives.

We have a few tips to promoting positive communication and reducing conflict during these difficult times:



- Using humour is a good way to reduce tension and put others at ease.
- Remembering to actually remain quiet while someone else is trying to convey their point, really listen to them rather than planning what you are going to say and waiting for your chance to respond.



- Not rushing or pushing someone into a discussion before they are ready. If tensions are high, it's a good idea for everyone to take a few minutes to calm down and collect themselves before trying to resolve the issue.
 - The language we use and the way in which we speak are two often neglected areas of communication, often we don't realise the unchecked emotion we're putting across just through our tone of voice!
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- Sometimes having someone to mediate a conversation around a disagreement is a useful way to ensure that everyone has their chance to be understood.
- Appreciation and affection are expressions of how family members and individuals show that they care for each other. Not just through saying things like “Please”, “Thank you” and “I love you”, but also by their actions.



Families and groups that find themselves able to deal effectively with stressful situations talk things through calmly until they reach a solution. It may not be perfect, and members may have to compromise, but the outcome will inevitably be more productive for the relationships.



As long as we remember to respect the opinions of others and really consider their point of view, we can end conflicts and work through difficult situations in a positive way.

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