

We all have arguments

We are all living in very difficult and uncertain times and as further restrictions are being made to how we live our lives, this can impact on our emotional wellbeing and cause tension and arguments to occur, particularly amongst people living together.

This may be a very normal way of responding to a very unusual situation, however there may be ways in which you can stop this from increasing stress and anxiety within your home.

Here are a few tips you may find helpful:

Pause.

- Is the disagreement escalating to a point you are no longer in control of the things you are saying or the way you behave, are you just reacting?
- Take a breath, take time and assess the situation.



Think.

- Try to reflect on why the argument started, is it something you argue about often or is it your frustration about something else.
- How were you feeling before the conversation started?
- Were you feeling anxious or tense already?



Resolve it.

- Step back- Is this argument about something important?
- Can you come back to it when you are both calmer, talk things through and compromise?
- Are you both just feeling frustrated with the current situation and venting on one another?



There are things you can try to help you feel calmer

Taking some time out, this could involve going to an area of the house where you are left alone to take a breather, be clear that you are taking that time for yourself and let those around you know what you are doing.

Are there objects or personal items that bring you back to the present or are associated with happy memories, for example a keepsake or souvenir.

Activities which help you to stay in the present can be helpful such as colouring or breathing exercises for example breathe in through your nose for 7 seconds, out through your mouth for 7.

At times you might need a little bit of help or support as a family. You can find more information by scanning the QR code below or visiting the Livewell website or if you want to talk to someone about your relationship or parenting call Family Lives on 0808 800 2222.



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