





NZDF COVID-19 HEALTHY RELATIONSHIPS – OUR TEAM

<p><u>BE A TEAM</u></p> <ul style="list-style-type: none"> ✓ Take turns and share the load ✓ Make space - 'me' time, 'you' time, and 'us' time ✓ Don't sweat the small stuff ✓ Some days may be tough – take a breath & be kind to each other ✓ Remember you are in this together 	<p><u>SET LIMITS AND BOUNDARIES</u></p> <ul style="list-style-type: none"> ✓ Let others know what is ok and not ok for you ✓ Know your own limits and know what you need to keep going at the moment ✓ Be kind to yourself and don't expect superhuman efforts of yourself or others
<p><u>BUILD AND MAINTAIN TRUST</u></p> <p>Imagine what you would want in your team if you were climbing a mountain – how you would build trust in the person you were roped on to – be reliable, be consistent, be accountable, be honest, act with integrity, say if you have made a mistake and learn with each other.</p>	<p><u>SHOW EMPATHY</u></p> <ul style="list-style-type: none"> ✓ Put yourself in others shoes to understand their behaviour ✓ Remember they may have learnt some ways to communicate that are not helpful ✓ Let them know you are with them – 'we've got this'
<p><u>BE PATIENT</u></p> <ul style="list-style-type: none"> ✓ Remember it is not a race ✓ Be patient with others who may be anxious or stressed - they may not be sleeping well or have existing health, family or wellness concerns ✓ Be patient if people make mistakes - there's a lot going on for each of us 	<p><u>COMMUNICATE WITH EACH OTHER</u></p> <ul style="list-style-type: none"> ✓ No one is a mind reader ✓ Agree what communication you all need, how often, what type and why ✓ People may prefer to give or receive information in different ways – verbal, written or visually, through gestures ✓ It's easy to misinterpret texts and online messaging (as you can't see body language) 
<p><u>BE RESPECTFUL</u></p> <ul style="list-style-type: none"> ✓ Make sure everyone has an opportunity to contribute and say what they want ✓ Some people may not talk a lot - they still want to be part of important discussions ✓ Check in to see how others are going 	<p><u>MANAGE RELATIONSHIPS</u></p> <ul style="list-style-type: none"> ✓ Learn about healthy ways to manage conflict ✓ People can get tired, frustrated and argumentative - take a break before things escalate ✓ Talk and work out a way forward together ✓ Remember 'own' what you are saying and try to give an example ✓ Use 'I' statements as in 'I feelwhen you....because.....' <p>IT'S NOT OK TO...</p> <ul style="list-style-type: none"> X Shout /throw abuse /be physical X Deprive someone of essentials to live X Manipulate to get the outcome you want X Be dishonest 
<p><u>GIVING AND RECEIVING</u></p> <p>Give and receive - support, care, kindness, fun, closeness and love. If you empty your tank by always giving you won't be much help to yourself or others. In the same way ask if you need some help or time out.</p> 