

Six Top Tips for Dealing with Conflict in Turbulent Times

In times of uncertainty we carry added stress within ourselves, and into the relationships we hold with those around us.

Here at the Rose Castle Foundation we've been getting ready for remote working and self-isolation. As we gear up for the weeks ahead, our team shares some tips that we'll be using to look after ourselves and others while the world changes around us.

1

When you are frustrated with others, try to understand how you're feeling before you try to change their behaviour. It's much easier to change yourself than others.

2

You always have a choice. When the doors of life are closing in, creatively play with the new boundaries. Sport is only fun because of boundaries – they give us the space to play in.

3

When you don't talk, you make assumptions about others. Talk to people; ask them so that you understand.

4

Take time to reflect by going outside. Change your environment for a bit, then come back to the problem with fresh eyes. Being out in nature reminds us we are not the only thing in this world.

5

Distract yourself. Allow a small chunk of time each day to catch up on world affairs, then get stuck into something else. Ban coronavirus conversation at mealtimes.

6

Properly finish your cup of tea (or whatever you habitually drink). Use the time to reflect, be at peace with yourself and consider how to help the other.