Not everything about Coronavirus situation is bad. One of the good things that some have it is increased time together with family, whether that means immediate family or extended family, friends, or whatever your role in conflict and offering a sincere apology can be productive, it is okay and healthy to ask for some time emotionally charged and the conversation is no longer to follow up afterwards though.

Remember this is a very stressful situation and don’t make assumptions about what someone else is feeling. There is no right or wrong way to feel in a pandemic. It’s okay to feel an array of emotions, and it’s okay to be overwhelmed. Miscommunication and lack of understanding can result in a lot of anxiety, stress or anger. In the current situation, it is important to recognize and acknowledge this.

Also, when you are unsure if something is happening or is going to happen, it is important to verify the information. In a crisis like the one we currently face, the main reason we need information is that it is a very stressful time.

Don’t be afraid to apologize – and be willing and able to forgive. People make mistakes. We all do. When we do, it is important to see the situation for what it is – a mistake. Don’t beat yourself up about it. It is okay and healthy to ask for some time to process and reflect on why you did something, how you could do it differently next time, and what you can do to prevent it from happening again.

For many people is increased time together with family, but also interactions, this unique time period can result not only in joyful memories, but also unnecessary conflict. Don’t be afraid to set boundaries. If something is bothering you, be honest about it and don’t be afraid to address the issue.

Here are some tips on how to cope and protect and prevent us from drawing close to our family and friends, and to allow ourselves to take necessary time for rest and self-care.

Ask for what you need and allow others to ask for it. We all have our own unique needs and ways of coping. It is important to be honest about what you need and ask for it. We are all in this together, so it is important to support each other.

Manage expectations, both of yourself and of others. It is important to be realistic about what is possible and what is not. We are all doing the best we can, and it is important to recognize and acknowledge this.

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