

Develop a trusting relationship



Understand feelings- find a toolbox of strategies



Communication is the key. Be clear and direct



Predictability – establish a routine



Take a moment for yourself. Remember your well being is vital.



Positive Relationships: Top Ten Tips!

Implement clear and consistent boundaries



Notice and rejoice in small steps



Look for the positives: Reward, reward, reward



Time for calm. Build in quiet time



Burn some energy. NHS recommend 180 minutes a day of physical exercise

