



Managing Relationships During Challenging Times Webinar



This interactive training will provide research based information focused on some of the most important things to remember in managing relationships of setting healthy boundaries and maintaining healthy communication. Additionally, potential ways to address situations and tips and suggestions on how to overcome these difficult times while keeping relationships strong will be shared.

In this handout, you will find space to take notes and resources from the webinar.

This webinar is for informational and educational purposes only. The webinar is not therapy, a substitute for therapy, or consultation. Nothing discussed is intended to be a substitute for professional psychological, psychiatric, or medical advice, diagnosis or treatment. Contact a mental health professional for individualized feedback.

1. The strongest relationships are built from the ground up with a strong foundation. Ways to help build a strong foundation include:
2. Link to [watch the video presented again is here](#)
3. Establishing healthy boundaries in a relationship allows both partners to feel comfortable and develop positive self-esteem. Components of healthy boundaries versus unhealthy boundaries may include:
4. National Domestic Violence Hotline is available at 1-800-799-7233 or their website: <https://www.thehotline.org/help/>
5. Tips for challenges with spouse or roommate may include:
6. Tips for challenges with colleagues or friends may include:
7. Tips for challenges with parents and kids or split families include:
8. Tips for challenges with living alone include:
9. Tips for challenges with extended family include:
10. ERS Resources for State Employees are [online here](#) and [online here](#)
11. Texas DPS Victim & Employee Support Services has information relevant to your mental health and wellbeing during and after COVID-19. Available to all and [online here](#).
12. [MentalHealthTX.org](https://www.mentalhealthtx.org) for promoting mental health throughout Texas

Key Takeaways & Notes:



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How to build Love Maps

Start creating and strengthening your Love Maps today! Try to answer the following questions about each other and find out how much you really know about your partner's world. While you're having fun playing, you'll also be expanding and deepening your relationship.

Love Map Exercise:

- Name my two closest friends.
- What was I wearing when we first met?
- Name one of my hobbies.
- What stresses am I facing right now?
- Describe in detail what I did today or yesterday.
- What is my fondest unrealized dream?
- What is one of my greatest fears or disaster scenarios?
- What is my favorite way to spend an evening?
- What is one of my favorite ways to be soothed?
- What is my favorite getaway place?
- What are some of the important events coming up in my life? How do I feel about them?
- What are some of my favorite ways to work out?
- Name one of my major rivals or "enemies."
- What would I consider my ideal job?
- What medical problems do I worry about?
- What was my most embarrassing moment?
- Name one of my favorite novels/movies.
- What is my favorite restaurant?

Asking these questions will help you develop greater personal insight and a more detailed "map" of each other's lives and worlds. However, getting to know your partner better and sharing your inner self with them is an ongoing process. We suggest regularly updating each other's love maps by sitting down and catching up. Remember, the more you know about each other, the more you feel a strong connection, and the more profound and rewarding your relationship will be.

<https://www.gottman.com/blog/the-sound-relationship-house-build-love-maps/>