



## Wise Mind in Conflict

When faced with upsetting situations, it's important to strive for making the most effective decisions possible. Intense emotions can influence our behaviors in the moment. Factors like illness, stress, or difficult circumstances can further exacerbate our vulnerability, making it challenging to navigate effectively. Conversely, some individuals cope with emotional intensity by detaching from their feelings, relying heavily on reason, and not necessarily responding to the needs of others or the situation. The following aims to foster a more balanced state of mind when navigating interpersonal relationships:

- Give yourself space and time to calm down if you are dealing with a conflict or disagreement
- Avoid dealing with heated situations if you are in a blaming state of mind
- Avoid conversations when you notice you are taking things very personally
- Step back and consider the most effective way to handle the situation until you regain focus
- Give yourself time to gather your thoughts
- Do not fixate on others' characteristics
- Concentrate on the factual details of the situation at hand

Positive relationships have positive impacts on health.

Reach out to the EAP for support in navigating relationship challenges. For more information on learning to use your WISE mind, your EAP is here to help. Contact us today at 800-327-4968 (800-EAP-4YOU), TTY: 1-877-493-7341 or visit us online at [EAP4YOU.com](http://EAP4YOU.com).