



Momentum

Communicating with your partner



Air Force EAP
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Better communication = better relationships

Whether you've been in a relationship for a long time or are new to your partnership, improving your communication skills can substantially strengthen your bond.

- When speaking with your significant other, make a concentrated effort to be fully present—not distracted. Use the skills of active listening to restate what they've said and show your understanding. It's great to be heard!
- Don't make every discussion a debate that you must "win." While you might not agree with your partner's perspective, listen carefully to why they feel the way they do. Try compromising to resolve issues.
- Be gentle. If something is bothering you, bring it up gently and without blaming your partner for past errors.
- If your conversation veers toward the negative, try diffusing the situation with some humor. Lighten things up!

Contact your program

24/7/365

for confidential, no-cost help
for you and your household
members.

Live Webinar—On Wednesday, June 9, we're hosting a couples' webinar: *3 Secrets to Having Your Best Relationship*. Join us! Register [here](#).

Twosome talk tips

Push for positivity. Focus on using positive words with your partner. Notice all the good things they do, and compliment them sincerely. It's easy to do, and can become a valuable habit.

Be present. Set limits on how much you're absorbed in social media when home with your partner. Interacting live with your significant other is far more valuable than with "friends" afar.

Keep things cool. If you need to discuss an upsetting issue, process your own feelings first, then schedule a future discussion so as not to ambush your partner with an argument.

Mind Your Mental Health

June is National PTSD Awareness Month

Approximately eight million Americans at any given time suffer with post-traumatic stress disorder. PTSD Awareness Month seeks to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD and help those suffering with this condition obtain needed treatment.

- Traumatic events that can cause PTSD include physical or sexual assaults, war-related combat stress, serious accidents, terrorism, natural or man-made disasters and other threats on a person's life.
- Symptoms can include nightmares, flashbacks or disturbing thoughts about the experience(s), avoidance of traumatic memories, anger, irritability, depression and being easily startled or frightened.
- Helpful treatments include cognitive behavioral therapy with a mental health professional, medications such as antidepressants, family therapy to help loved ones understand a family member's PTSD and peer support from fellow trauma survivors.
- There are resources readily available to help diagnose and effectively treat PTSD. There should be no shame in seeking assistance.

Visit www.MagellanHealthcare.com/About/MYMH or call your program for confidential mental health resources.

Working on Wellness

June is Employee Well-Being Month

- Healthy organizations encourage their employees to develop good habits in the areas of diet, sleep, stress management, exercise, mindfulness, work-life balance and even financial health.
- Try moving more during your workday. Conduct brainstorming meetings while walking. Take breaks to stretch. Do basic strength and balance exercises like squats, desk push-ups and calf raises.

Showing Support

Men's Health Month emphasizes healthy habits

- Men's Health Month encourages males to improve their well-being by making healthy food choices, becoming or staying active, quitting smoking, getting regular checkups and actively nurturing their mental health.
- Take stock of your health this month and set some small, achievable goals. Would you like to lose weight? Gain muscle? Eat more vegetables? Cut back on alcohol intake? Set some specific targets!



Managing Work-Life Balance

Let go of non-priority activities

Make sure you've established limits and boundaries with others; these are necessary for balancing work and family. If your partner expresses dissatisfaction with your availability, listen to that feedback and take action; reset the boundaries and adjust your habits. Regularly schedule hobby-related activities that help you relax and relieve stress so it doesn't boil over. Spend less time with people and activities that drain your energy; saying no sometimes is an important skill.