

MANAGING CONFLICT IN RELATIONSHIPS

A Guide for Students

The pressure of balancing academic stress, peer interactions, extracurriculars and mental-well being make students susceptible to depression that changes their moods, thoughts, behaviours and perception of life. It is necessary to understand and seek professional help to deal with this



Share, listen, check

Listen to people around you and understand their perspective before making judgements. Share your views calmly and check in with them if you haven't understood what they said.



Take Responsibility

Take ownership for your actions instead of playing the blame game. Admitting to your mistakes or shortcomings can only propel you forward in terms of learning from them, and improve your relationships.



Brainstorm solutions

Work together to find solutions to problems instead of having internal conflicts about differing viewpoints.



Affirm, forgive, thank

Acknowledge a conflict, forgive each other and show gratitude when you work on a solution with someone.