9 out of 10 UVA students build relationships by talking with others about problems. *

* From the February 2017 Health Survey with responses from 1,010 UVA students

New situations can require unexpected adjustments. It’s natural to feel that taking care of your relationships has changed during quarantine.

Discussing your thoughts and feelings with those you are with can help manage differing expectations and needs during quarantine - try out these practices on the following slide to make the conversations easier:

- **Bring it up**
  Rather than letting it build up, try and talk about what is on your mind

- **Pause before you respond**
  Think about what you need and what you want from the conversation

- **Patience**
  Understand that everyone is experiencing the changes differently