

BREXIT – CAN RELATIONSHIPS SURVIVE A POLITICAL DIVIDE?

At Relate Cambridge there has been a lot of talk about the impact of Brexit on relationships, both in couples and in families. It is always tricky to keep things on an even keel emotionally, particularly when life feels uncertain with lots of change, or when a couple or family members feel strongly and have different views. This can certainly cause deep and long lasting rifts, especially if these kinds of debates are not managed well. Of course there may be even more impact when there are already existing challenges for that family or relationship, and then this disagreement can simply feel like the last straw.

At Relate Cambridge, we thought it might be worth offering a few tips to help people cope:

- Use this as an opportunity to learn how to manage differences in a more positive way
- Set firm time boundaries around discussions to avoid getting to the point of ‘no return’
- Appreciate that this situation may bring up reminders of other - similar - differences of opinion, which make it seem more powerful to manage
- To separate out what belongs to this issue and what comes from the past will help
- Finding a way forward, despite seeing things differently, will be a lot less damaging than living in a battle ground
- Sometimes it can be better to simply to agree to disagree
- Above all, remember to show kindness and understanding to those you care about, especially after heated discussions, and once emotions have settled

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www.relatecambridge.org.uk

Relate Cambridge – supporting relationships at every stage of your life

Notes to editors:

- Relate is a registered charity number 207314
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Relationships are under increasing pressure – breakdown costs the UK an estimated £48bn each year.
- Relate provides impartial and non-judgmental support for people of all ages, at all stages of couple, family and social relationships.
- Over a million people every year access information, support and counselling from Relate but it's clear many more would benefit from Relate services.
- Relate's couple counselling work delivers an estimated £11.40 of benefits for every £1 spent.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of around 1,700 counsellors across the country.
- Relate Cambridge celebrated its 70th birthday in 2015.
- For more information and advice visit: www.relate.org.uk.