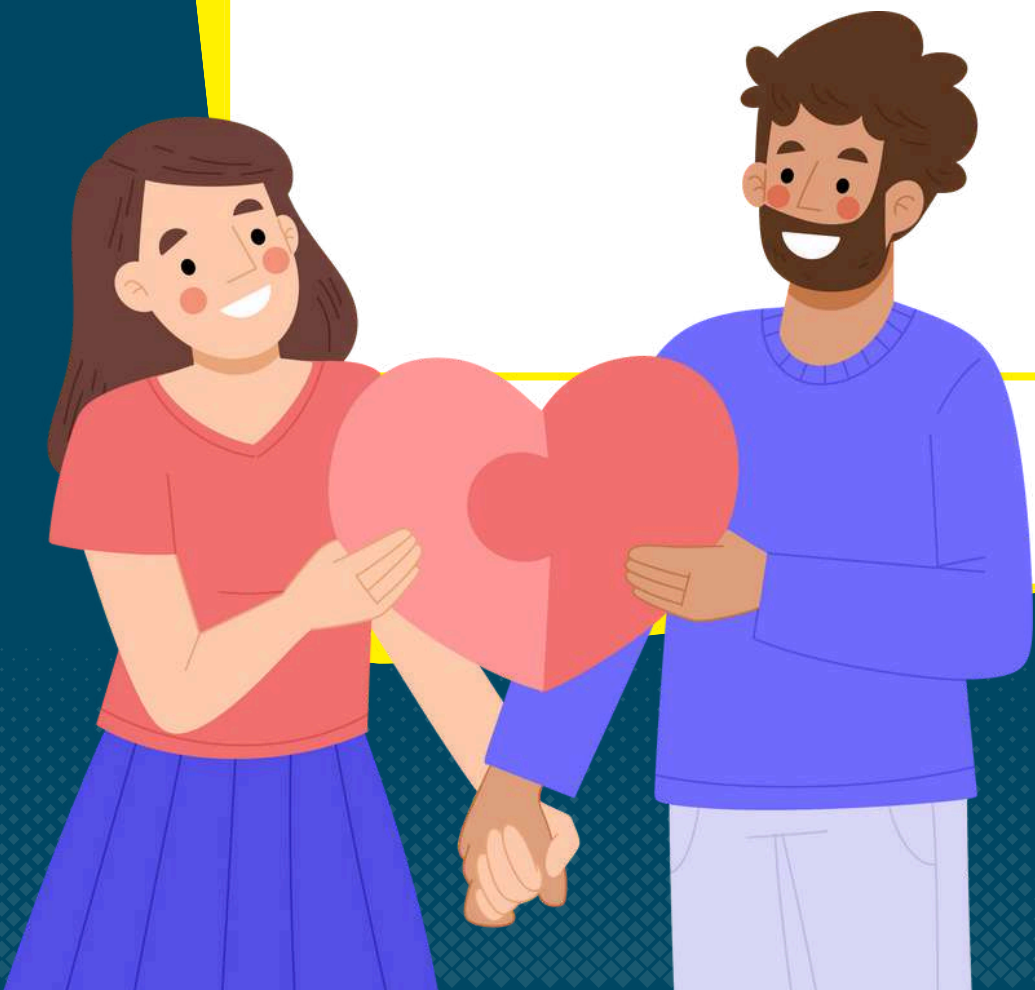


5 ways you can be emotionally available to your partner



Practice discussing your emotions

Develop your emotional vocabulary
for effective communication.



Get to the root cause

Ask yourself:
“Why do I find it hard to open up?”

**Give yourself another chance
to let someone in.**



Accept yourself as you are

**Own your messy emotions and
in turn, your partner's.**

**You're kinder and patient
when you get comfortable
with imperfections.**



Involve your partner

Make plans together, ask for opinions when making decisions, and talk about goals.



Address your addictions

Notice how you avoid
uncomfortable feelings or
indulge in unhealthy behaviours
to numb out emotions.



Are you willing to work on your **team's wellbeing?**



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & videos



POSH training



Manager sessions



Pharmacy



Lab tests



Email support



Newsletters



Branded comms



Monthly reports