Tips for Managing Conflict Over Social Distancing

Unfortunately, even after the expansion of Governor Wolf's <u>mask-wearing order</u>, there continues to be conflict between people about the safety measures recommended to combat COVID-19. While we believe it is essential to follow all <u>CDC guidance</u> as well as <u>ODP guidance</u>, we also believe that it is necessary to have tools to manage disagreements while maintaining your safety.

<u>This article</u> offers six practical tips on how to manage this conflict. Each tip is expanded upon within the article.

- 1. Try to summon empathy.
- 2. Aim for clear, specific communication.
- 3. Remember your values.
- 4. Don't over personalize.
- 5. Think outside the box.
- 6. Look toward the future.

Our daily emails are archived on <u>My ODP News Online</u>. Please send any suggestions or questions related to this email or requests for additional resources to <u>RA-basprovidersupprt@pa.gov</u>.

Thank you,

Department of Human Services |Office of Developmental Programs |Bureau of Supports for Autism and Special Populations Division of Clinical Support, Training, Communication and Outreach <u>www.dhs.pa.gov</u>

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