

QUICK TIPS Managing Relationship Stress

Hug more often

Hugging for at least 30 seconds after work every day can help your bodies line up and calm each other down.



Ask how you can help

It may be something small that can make your partner's day better and reduce stress.



Check in and listen

Before jumping to offer solutions or try to "fix" your partner's stress, start by just listening. Sometimes that's all they need.



Understand each other's needs

You and your partner may have different methods of processing stress. Respect each other's process and give each other the comfort and time needed.



Know your triggers

Are there events that seem heighten your stress? Understand those as well as the things that help reduce stress in those situations so you can minimize the negative affect on your relationship.



Stay connected

Talking about your stress and having a supportive partner to see you through it makes you and your relationship stronger.



Address stress immediately

Bottling up your stress to protect your partner is not going to help in the long run. Unchecked stress can sabotage a relationship and lead to dissatisfaction and disconnection.



Get outside help

A therapist can help you and your partner identify conflict areas within the relationship in order to best support you both



List stress reducing activities to do together

What activities do you enjoy doing together that help alleviate your stress?

