



# STRESS & DEPRESSION

## Text Button D

### ALLEVIATING STRESS IN A RELATIONSHIP: RECOMMENDATIONS

- If you are married or in a relationship, make sure to devote sufficient time/priority to marriage/relationship(s)
- Understand that relationships take work and that they go through stages
- Evaluate relationships periodically. Recognize that adjustments are necessary either because one or both members of the couple change or a situation changes. (Residency may be a life-altering experience that requires adjustment in how a couple fits together)
- Examine the quality of the commitment and how it can be demonstrated. Each person may have a different concept of what demonstrates this commitment.
- Express appreciation frequently. This is one of the keys to healthy relationships and families. It helps to counter an “escalation of negativity” caused by small aggravations that build up over time
- Accept that “the grass isn’t necessarily greener”
- Keep talking. Dialogue is more important than agreement. Most disagreements are about unsolvable issues. Discuss even if you can’t agree
- Set healthy boundaries. Typical areas are confidences, work life, and couple life, etc.