



IVROP Project JUNTOS

Marriage Tip Newsletter

Marriage Week February 7-14 2010

Marriage Tip 3 : Stress and The Relaxation Technique

Stress is a big part of all of our lives. It comes in many forms and it affects our ability to function on many levels. Stress can come from events we can see coming, such as the birth of a child or starting a new job. Stress also comes in the form of events that seem to come out of nowhere, such as being the victim of a crime, or the loss of a job. Or, stress can also be ongoing. Chronic stress can wear down a person's ability to handle conflict and make good decisions. Stress also contributes to physical illness, it makes it harder to concentrate and make good choices, and it makes us less likely to give our partners the patience and attention they deserve. The Relaxation Technique is a great method for decreasing the impact of stress on the body and mind. This breathing technique, combined with other coping skills in *Within Our Reach*, should help couples have better control over their feelings, and help them to get calm when they need to be calm. To experience a **guided mini-relaxation** session click on the upper right hand icon.

[This information was taken from *Within Our Reach* curriculum utilized by Project JUNTOS during Healthy Marriage Instruction sessions.](#)

Dealing With Stress Together

Stress is a part of life, but it can have some negative impacts on the way we relate to our partner. It is important to identify when stress is playing a role in your relationship and to do your part to make changes that will strengthen your relationship.

Part 1: How Stress Affects Me In My Relationship

In this first section, think about and write down some of the ways that stress might affect how you behave in your relationship.

Part 2: Stress Proofing Your Relationship

Now that you have identified and talked with your partner about how stress impacts you relationship, it's time to make some decisions about how to keep your relationship strong and healthy when stress happens. Think about things you do now or have done in the past that you can do differently. Then think about things that might happen in the future and how you will handle them as a team. Be creative! Have fun!

Instead of _____, I/we will _____
Instead of _____, I/we will _____
When _____
I/we will _____
When _____
I/we will _____

Click below for a guided mini-relaxation.



Are you stressed?
Take the quiz:



Suggested Reading:
Beat Stress Together

Is your day-to-day routine wreaking havoc on your relationship? Are you trying to be all things to all people- and in reality creating more tension and distance between you and your partner?



In this engaging, sanity-saving book, psychologist Wayne Sotile and marriage counselor Mary Sotile show couples how to lower stress levels and revitalize their relationships. Their simple, effective program for Beating Stress Together (BEST), used by more than 5,000 couples, arms you with action steps for reducing anxiety, renewing passion, and restoring balance. Filled with lively true stories and easy-to-do exercises, [Beat Stress Together](#) will help you successfully nurture a happier, healthier, and more rewarding life.