

## Relationship Stress

When we are stressed we are not valuing our relationship with ourselves so therefore it follows we won't be valuing our relationships with others. The thing about intimacy and love is it's just as organic as a plant or any other living growing thing. The problem is we don't tend to think of our relationships like this. We tend to put our lover, colleagues, friends, children and even the best needs of ourselves aside when we are in stress. Just as a plant needs pruned, fertilised and watered for healthy growth, so do we.

If we neglect to water a plant it can wither and die just as if we don't give our relationships the right conditions to thrive they also are in danger of breaking down. I have worked with many clients who have said 2,3,4 years down the line "Did I let that relationship go too soon?" or "Could we have weathered the storm?"

Stress at work and dramas at home can really make us feel like walking out. With everyday problems such as financial pressures, sexual and emotional problems, complications of second marriages, issues of childcare or sickness it's not hard to see why often people decide to throw in the towel and call it a day. When in truth 'big' decisions like these should be saved for the times when we feel in control and clear in our thinking.

### **OUR ADVICE IS MOVE FROM DISTRESS TO CARESS!**

**To rekindle the passion in an intimate relationship there are some key tips you can follow:**

- Remember how you and your partner became lovers.
- Focus on the 3 best qualities that attracted to your partner.
- Talk with your partner and work out how these challenges can strengthen your relationship. (It is good to remember here, love that has not faced adversity and survived is romantic love. If you and your partner have seen the worst of each other, doing and saying things you regret then you have the opportunity to live true love, a love which is compassionate, forgiving and sustaining.
- Think of a way each day that demonstrates your love, affection or in the beginning willingness to move forward. E.g. love by giving and doing not just saying.
- Harness the power of your thinking to support your relationship. Work out some simple ways you can support each other. Let's face it, you have been putting a lot of energy into frustrating or even hurting each other you can reroute that energy to support each other.

Learn to transform your emotions – find ways to laugh at some of things you've been taking too seriously. **Now is the time to laugh, hug and make love** (if

you are in an adult relationship) all great stress reducing activities which we tend to stop doing when we are stressed – just when we need them most! They all boost the body's immune system and reduce the amount of hormones, such as cortisol, that your body produces during stressful times as well producing the bodies natural 'happy hormones' such as serotonin.