

STRESS AND RELATIONSHIPS

How to deal with stress in your relationship:

Talk about it

Feels easier said than done, doesn't it?

Often the thought of broaching the subject with your partner feels difficult to do. The key here is not to be afraid of what they think; if they really love you, they will want to help – quite possibly they are feeling the same and are waiting for you to make the first move.

Take time out

Often we can feel overwhelmed – especially if you live in each other's pockets or have no hobbies. Take a break and don't be afraid to do so. It doesn't have to be a long period, just time to catch up with your own friends, go to the gym or just going for a long walk. Take the time to recharge your batteries.

Be true to yourself

If you can, try to switch off to what others expect of you and what they want you to be. Have a good talk with yourself and know your own boundaries. Don't try to be something you are not, be yourself and be honest with your partner. Don't set high expectations to convince someone you're better than you are – be humble!

Highlights

- The key to solving your stress is to find the root cause.
- If you can identify what is causing you to feel stressed, then you can begin to take back control of your own personal wellbeing.

Give us a call, we will always find a way to help...

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@LionHeartRICS



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Time for each other

Our hectic lifestyles these days dictate not enough time spent with each other. Immediate needs and pressures squeeze out time for the most important things like enjoyable time together.

Working full time and raising a family is challenging in itself. Tiredness creates tension but this is precisely when it is so important to take time to maintain your relationship.

Setting aside time to do the simple things you both enjoy together. Going for a walk, a meal for two or a date night may seem difficult to squeeze in but this time is well worth investing in.

Live to work or work to live?

Number one rule: Try not to bring work home! Leave the laptop at work and mute that mobile. Go home and talk to your partner. If this is not practical every evening, at least try to do this once a week! Keep your weekends for your family.

 *"This really is simple advice on taking the first steps to maintaining healthy relationships with our partners.*

The key is communication with each other.

At LionHeart, the support team often find that RICS members that come to us for support have very busy schedules. Surveyors set themselves very high standards and when things go wrong and lifestyles cannot be maintained, they find themselves in the spiral of high stress leading to anxiety and depression.

The impact on their personal relationships can be detrimental which is why you need to take action as early as possible.

LionHeart is here to help so give us a call."

Tracy Evans, Support Officer

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