

# Stress In Relationships

## How high stress can impact relationships

Stress can strain relationships, causing partners to withdraw or lash out. To communicate stress, be vulnerable and take ownership of your emotions.

It may not be immediately apparent that it's stress that's causing you to say unkind things or be unresponsive when spoken to. They may feel it's something they've done. This can obviously be very upsetting and frustrating - both for the hurt caused and confusion about why it's happening.

If you're becoming withdrawn, your partner is likely to feel pushed away. And if you get snappy, they may feel hurt or become defensive. The problems of stress can snowball: as one partner begins to act in a negative or unconstructive way, so might the other.



**we can Relate**

# Stress In Relationships

## How you can manage stress in a relationship

**Continue to check in with yourself**  
Make it a habit to check in with yourself. Look for signs of stress and acknowledge your needs in the moment. Once you can recognize what your triggers and responses are, you will be better suited to handle stressful situations in a positive way.

**Reflect on the conversation**  
If things feel like they're unresolved, let the person know that you appreciate their time and you'd like to follow up with them in the future. Give them some time and space before engaging again.

**Know your conflict style**  
When addressing conflict, it can be helpful to know your own style as well as your roommate or family member's style. Knowing how you both address conflict can help you find common ground and navigate where your styles may clash.

**Connect with others**  
Make time to reach out to friends or classmates to catch up. Respecting one another and your differences can go a long way in improving your experience.



# Relate NI

# Stress In Relationships

How we can help



**If you're looking for support with stress, we can help. Here are some of the ways we can work with you.**

- **Ongoing counselling for couples, individuals, children and young people, sex therapy and family counselling.**
- **Relationship MOT**
- **One At A Time Therapy**
- **Access hundreds of self-help articles including quizzes and videos whenever you need them – free of charge - Self-help articles**
- **Help us continue supporting the nation's relationships - Donate to Relate**

**Relateni.org**