

THE IMPACT OF STRESS ON RELATIONSHIPS

STRESS IS “A STATE OF MENTAL OR EMOTIONAL STRAIN RESULTING FROM ADVERSE OR VERY DEMANDING CIRCUMSTANCES.”

THE FIRE SERVICE, BY ITS NATURE, IS A HIGH-STRESS ENVIRONMENT. FIREFIGHTING IS AN INHERENTLY DANGEROUS JOB.

SIGNS OF STRESS:

IRRITABILITY, LOW FRUSTRATION TOLERANCE, ANGER, LACK OF PATIENCE, WITHDRAWAL, DIFFICULTY GOING TO SLEEP, REDUCED INTIMACY, INCREASED DRINKING OR OTHER NUMBING BEHAVIORS, Etc.

IMPACTS ON RELATIONSHIPS:

ANGRY, IRRITABLE, HURTFUL, DISTANT, NOT LISTENING

THE STRESS BUCKET VIDEO- <https://www.youtube.com/shorts/l9vYqbWB1FA>

HOW STRESS CAN AFFECT YOUR RELATIONSHIP-

<https://www.youtube.com/watch?v=Ulm0CmX1g64>

<https://www.youtube.com/watch?v=QiuSX10oMiE&rco=1>

COPING STRATEGIES FOR IMPROVED MENTAL HEALTH AND HEALTHIER RELATIONSHIPS

A healthy exercise routine

Improved self-awareness

Apply communication techniques previously discussed

Plan time together

Date night, socialize

Plan activities that you both enjoy

.....and don't forget to have some fun together. That will lead to greater connection and intimacy.

Breathing exercises for relaxation and stress management, i.e., Box breathing

<https://www.youtube.com/shorts/dtMD37fe7Ps>

Meditation resources:

<https://mindful.usc.edu/resources/>

<https://www.uclahealth.org/uclamindful>

<https://www.calm.com/>

Book recommendations:

The Intimate Enemy: How to Fight Fair in Love and Marriage by George Robert Bach

What Makes Love Last? How to build trust and avoid betrayal by John Gottman, Ph.D.