

# Handling Relationship Stress

What makes a relationship healthy? Research shows that strong relationships have trust, respect and good communication. Relationship trouble can cause depression, anxiety and suicidal thoughts (PLOS ONE Journal).

Relationships have a big impact on your long-term health (Harvard Medical School). People in healthy partnerships live longer, get sick less and are happier overall. One Harvard study showed that strong relationships lead to more lifelong happiness than money or career success.

That's why it's important to talk openly with your partner. Discuss your life goals for family, money and your career to make sure you want the same things. These conversations might feel awkward at first, but they can help stop bigger issues later.

Remember that everyone communicates differently. Some people like to talk things out right away. Others may need space. Learning each other's communication styles can help you avoid conflict and build a stronger connection.

If you're struggling in your relationship, it's okay to ask for help. Many schools and workplaces offer Employee Assistance Programs (EAPs) or counseling services that include support for couples. Talk with a trained counselor to help you and your partner feel heard.

Relationships are about growth. When you take care of yourself and your partner, you build connections that support your mental health. Relationships succeed when you can listen and are willing to learn.

If you are in a relationship that feels stressful, don't ignore it. Take a step back, talk it out and reach for the resources that can help you move forward.

*Reviewed by Clinical Director, EAP (Certified Employee Assistance Professional)*

## #StressLess

If you or someone you know is struggling with mental health issue, help is out there. Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).



Having strong, supportive relationships is a better predictor of lifelong happiness than money or career success.

Harvard University

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