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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
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**When Your Spouse Stresses You Out**

**By Stan Popovich**

What can you do when your spouse stresses you out? Instead of yelling at one another, there are ways to reduce conflicts and your stresses. Here are some suggestions on how to not let your spouse stress you out.

Talk with your spouse about your problem. If you can, ask your spouse if she is having any problems and if there is anything you can do about it. Talking with your spouse is very important and can prevent potential conflicts from turning into arguments.

Build on your common interests. When dealing with your spouse, focus on the things that you both agree on. Use that as your base and then start talking about some of the problems that you are experiencing. Learn to compromise with one another to help solve some of your problems.

Learn effective techniques to manage your stresses. There are many ways to deal with your stresses. Take a walk or do something you like to do to get a fresh perspective on things. Another good technique in managing your stresses is to create a list of positive statements. When you get depressed, read those positive statements. This will help you to relax.

Talk to a marriage counselor if you can. It can be valuable to get additional insights from a third party. A marriage counselor can provide much assistance to your current problems. Many couples get help from a counselor so do not feel ashamed that your getting help. There is nothing wrong with getting professional help.

Be persistent in solving your disagreements. Do not let them build up over time. When you see a red flag, do something about at the present time. Confront potential conflicts early.

All couples go through arguments and disagreements in their marriages. You are no different. The key is to communicate with one another and learn to work together when something doesn't work out. Remember that you are a team and that you need to work like a team.

## When Your Spouse Stresses You Out

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

<http://www.managingfear.com>

### **Managing Stress Could Be Blessing In Disguise!**

**By Ashish Jain**

Life with stress and life without stress– they are poles apart!

Some types of stress are inevitable. Some stresses are those over which you have no control. Plus, some one may be the cause of your stress; there are some types of stress of which you are the cause, and therefore you have to find its solution.

Mostly, the level of your stress and the level of your heartbeat go hand in hand. The greater the pounding, more intense is the level of the pressure. Nobody is happy to own the stress permanently. Hence, arises the question of managing the stress.

The causes of stress are innumerable. May be that it concerns your children, or the usual, unusual arguments with your spouse. A word of caution to the heart patients. Develop the trait of patience and avoid stress at all costs. Stress is the cause of many heart attacks.

Remember the cop managing the heavy traffic in a busy junction—he is the master of traffic rules, he has the assistance of red, yellow and green signals. He regulates, controls the rush of a large number of vehicles, with the assistance of these signals.

So, coping stress is all about stress management. Nobody likes to remain in a state of stress. But the style of life in the modern materialistic civilization, throws many types of stresses, without your asking for it. Rather, stress is forced upon you! Managing the stress assumes added importance here. Some of the following guidelines may help you in managing the stress:

1. Do not suppress your stress. Only you know the reason of your stress. Discuss your difficulties with your trusted ones, friends, relatives or with your spouse.
2. Do some deep breathing exercises, for 10–15 minutes everyday, sitting all alone.
3. Everything in the world is happening as it should. You are not the one to create all the problems or to solve all the problems. The perfect order or discipline that you want might not be available at all times. Carry on them, with the available discipline.
4. Temper is very valuable. Do not lose it. But if you are determined to lose it, do not respond to anyone at a high temperature level. Let things cool down. Time provides its own answers, for major part of your problems.

## When Your Spouse Stresses You Out

5. Think of the positive side of the issue. The strength of the negative side, will then automatically weaken.

Sometimes, a spiritual personality can help you more, for sure, than your psychologist or family doctor. Do not hesitate to surrender before the Perfect Master. He may bestow you with such grace, bless you with such positive thoughts that your stress may just float away, destination less and direction less never to return again.

Yes, this is not a vague assumption. This stress, could be your blessing in disguise!

Ashish Jain writes about a number of different topics. For more information on stress management visit

<http://www.aboutstressmanagement.com>

and also visit the main articles page:

<http://www.aboutstressmanagement.com/index.html>

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COCKTAILS - How to Make and Enjoy them



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