

Are "we" stressed out?

De-stress with your boo and improve the relationship

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Stress is contagious! So if you are stressed, it is likely to affect your boo (boyfriend or girlfriend). Stress affects the way you think, feel and behave so it's bound to affect your relationship and performance at school, university and work.

If you've noticed that you and your boo argue, fight more, constantly criticise each other, feel unheard, sad, frustrated or angry... **you are probably stressed-out as a couple** and need to do something about it.

Remember, unchecked stress can create bigger problems. So it's best to de-stress with your boo:

1. **Listen** and give advice only when asked.
2. **Do something active together.** Exercise helps to release the brain's feel-good hormones called endorphins. It is also a chance to spend quality time together.
3. **Find out how you can help.** What might comfort you might increase someone else's stress levels. So ask your boo how you can help ease his/her stress (like a massage or cooking their favourite food or some time alone).
4. **Listen to good music** together and dance.
5. **Meditate or do deep breathing.**
6. **A simple kiss or hug goes a long way.**

Stress is not fun, so try these out to de-stress your relationship now! If you want to read more about stress, check out this article: <https://bwisehealth.com/article/is-it-stress-or-something-else?>