

A MENTAL HEALTH MINUTE



Couple-hood – In Tough Economic Times

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Most of us are being challenged by the current economic situation, which is having a domino effect on our lives. While some of us may be dealing with reduced hours or joblessness, others have to carry increased work loads, in order to keep their jobs. Fatigue, worry, anxiety are normal responses. Unfortunately, this increased stress can creep into our relationships, so that we might be short tempered and grouchy, or distant and withdrawn.

It's so important to remember that we are in this together with our partners, that we want to support and problem solve, when we might be inclined to criticize and blame.

It takes only a few minutes to appreciate and acknowledge what our partner is doing:

- ✓ Share a positive moment from your day.*
- ✓ Share one thing you appreciate about your partner.*
- ✓ Share something silly that happened in your day.*
- ✓ Give your partner a hug.

A little can go a long way!

**To learn more,
visit Mental Health Kokua
www.MKHawaii.org
808-737-2523**

* Conga, D., Conga, J. (2009) Couples' tool kit. Found at <http://www.elifemates.com/toolkit.htm>