

STRESS AND STRESSORS-WHAT COUPLES COUNSELING CAN DO

Today, we have accepted stress as a part and parcel of our daily routine without giving much thought to the way it is affecting our mood, our health and our relationship. We came across this story during one of our sessions. Let's check it out-

Only a few days back, one of my friends was going through a stressful situation. She was facing a failing marriage, work pressure, health problems, and loneliness. All this led to increased anxiety, decreased sleep, and persistent headaches. She started wondering just how long she will be able to cope with all the stress and the stressors coming at her at the same time.

Realizing that she needs to learn to manage stress but not knowing how to do it, she approached clinic in Bethesda for counseling and her journey began. After a few months when I met her again things had changed. Now she was looking at things with a different perspective, she was actually learning to manage stress. How? Well, that's an interesting story to tell.

The sessions with her therapist in Bethesda, MD taught her to find out the sources of her stress and the ways to get over it. She concentrated on 3 areas:

- First, those aspects of her situation that she could change to reduce stress lie in getting help for her failing marriage.
- Second, she needs to learn how to cope with those aspects of her situation which she cannot change. That involved making a list of activities that act as stress relievers for her like listening to music, meditation or yoga.
- Third, was dealing with those aspects of her reaction to the current stress that were related to unhealed wounds of past.

Although I do not claim that [couples counseling in Bethesda, MD works in all](#) situations but, in my friend's case, it did - by simply teaching her to manage stress by changing the direction of her thoughts for better.