

TEAM LIFE
PROFESSIONAL DEVELOPMENT
April 1st
STRESS, PSYCHOLOGICAL HEALTH, RELATIONSHIPS

STRESS

Physiological effects.
Can it make you sick?
Ways to reduce stress in your life

PSYCHOLOGICAL HEALTH

Appreciate yourself (write down 10 amazing things about you)
Positive affirmations (think happy thoughts)
Depression in the US, alternatives to medication
Anxiety
Good mental health (be less defensive, be optimistic, creativity, genuine, intimacy)

RELATIONSHIPS

Why they are so important
3 Keys to Good Communication in a Relationship (self-disclosure, listening, feedback)
Effective conflict resolution
Relationship challenges (honesty & openness, unequal or premature commitment, unrealistic expectations, competitiveness, balancing time together, jealousy)
Strategies for enhancing support in relationships (be aware of the importance of support, learn to ask for help from your partner, help your partner the way he/she would like to be helped, avoid negativity, make positive attributions, help yourself, keep relationship problems separate)
Keys to a successful family (commitment, appreciation, communication, time together, spiritual wellness, coping with stress and crisis)

The following is a response from one of my students when asked to interview a couple that has been married over 25 years and what suggestions they have for a successful marriage.

Here is what my mom, who has been married for 31 ½ years has to say...

1. Put God first, husband/wife second, kids third, job fourth, community fifth.
2. It's NOT 50%/50%, if you each give 75% then when one of you lacks a little the other one will have it covered. Never start a sentence with YOU, instead start it with I.
3. Wait 24 hours before making big decisions.
4. Use a T account, put the pros on one side the cons on the other and then decide together.
5. Think of 10 things you will always forgive your partner for but don't write them down. Then when he/she needs forgiveness, just consider it one of the 10 things.
6. Keep your problems between you, don't share them with friends, family and especially kids.
7. You will forgive each other and make up, but friends, family and kids find it harder to forgive and forget.
8. Ask yourself, "If my partner dies in his/her sleep tonight is this (whatever the issue is at the time) really that important?"
9. Ask yourself, "Would I want him/her to say or do what I'm about to say or do?"
10. Be less materialistic and help others who have less than you.
11. Be honest and truthful.
12. Desire, demand, expect less and then you'll be happy with what you get.
13. Decide who is better at what things and then trust that one to make the final decision regarding those things.
14. Stand united when you face your kids.
15. Take time to have fun together by yourselves if it's only to sit in a swing in the sunshine.

As far as compromise would go, here is what my dad has to say...

There would have been a definite compromise over you children, but now that you are all grown (44, 42, almost 41, and almost 40 years of age) there would be no compromise. The compromise/war would be over the dog.