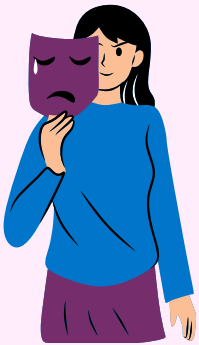


A COUPLES GUIDE TO STRESS MANAGEMENT

Our partners can be one of our greatest sources of support when stress builds up. Small moments of understanding can make a big difference. Here are some simple ways to support each other through stress:



1. NOTICE THE SIGNS

Stress can look like silence, irritability, tiredness, worry, or distance.

2. PAUSE BEFORE REACTING

Ask yourself: is this really me talking, or is it my stress?

3. CHECK IN GENTLY

Try: "How are you really doing?"
Try: "What would help right now?"

4. SUPPORT, DON'T SOLVE

Sometimes people need listening, comfort, space, or practical help.

5. TAKE ONE SMALL STEP TOGETHER

Go for a walk, talk, pause, breathe, share a meal, or return to the conversation later.



YOU DO NOT NEED TO FIX EVERYTHING.

Feeling heard, understood and supported can make a real difference during stressful times.

BEING THE CHANGE CAN START WITH ONE SMALL ACT OF CARE.

STRESS AWARENESS MONTH
APRIL 2026

Have questions or want to get involved further?
Reach out to us at info@stress.org.uk or call us at +44 20 3142 8650

