

Holidays + Family = ~~Team Work~~ ~~STRESS~~ | Marriage Tips Series

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don't need to elaborate on stress during that season between Thanksgiving and Christmas. You know it all too well. In addition to all the "busy" stress, who needs stress in extended family relationships?? However, it is another area that we all have to deal with in one form or another, from minor to major. Are you and your spouse handling this stress as a team or are you working against each other?

➡ Marriage Tip: Work as a Team in Handling Relationship Stress with Extended Family



In order to work as a team, you might try the following steps:

1) Individually think and pray about what you would like your Thanksgiving and Christmas celebrations to include. What's most important? Isn't it the spiritual remembrance and purpose of the day? Beyond that, your goal may be to connect lovingly with family and friends.

2) Talk and pray about your hopes as a couple. Most people have some things that make time with extended family difficult. It may be a time of grieving, complex scheduling issues, expectations that are not workable for some family members, individual boundaries that are not respected, control issues on the part of some family members, or other problems. Prayerfully, brainstorm your ideas to resolve the problem.

3) Include extended family in your problem solving if appropriate. They may have some good ideas, and be more than willing to be flexible.

4) Inform those with whom you celebrate about your decision(s) if possible. Knowing what to expect can help the person(s) to adjust their plans accordingly.



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