

# The Family Stress

**For the prevention and healing of emotional tension in the family.**

*In the era of scientific discoveries and advanced technology the family remains the #1 source of emotional growth and personal satisfaction in America. In spite of this, family stress remains the #1 reason for frustration and anxiety. Conflict within the family can arise due to opposing needs and expectations. When this happens, fear and doubt can stop our natural ability to be open and loving. Use family conflict as an opportunity to learn and to grow towards intimacy and inner freedom. It is important to remember the quality of our family relationship determines the quality of our life.*

## **10 Ways To Alleviate Family Stress:**

**Identify The Stressor.** Don't be afraid to express to the family member that there maybe something wrong. You can't fix it unless you know it is broken. Remember to be positive and stay away from blaming and accusing.

**Talk It Out.** Most of the time it is important to talk to the person that appears to be causing or having the conflict. However, when this is not practical, then pick the least resistive person in the family to talk about the problem.

**Listen Actively.** This means letting the other person know that you actually hear what they are saying even if you disagree. Listen now because this process helps release the steam or stress. This may not be the time for advice, save it for later.

**Remain Flexible.** Your ability to change and adapt to new family situations is very important when trying to solve conflict. When you are feeling "hard-headed" try to put yourself in someone else's shoes.

**Show Support And Encouragement.** Treat your family as you would your best friend. In fact, they are your best friends. Remember that it is easier to catch bees with honey. It is easy to listen to someone when they are nice.



**Find The Time.** When problems begin to rise, find the time to put them on the table for family discussions. You could designate one dinner each week as a time for family discussion to talk over important family issues.

**Get Everyone To Help Out.** Today's families have very busy schedules, set the chores and responsibilities every week and discuss them. This will head off the inevitable comments that someone is not pulling their weight. Be realistic when delegating responsibilities.

**Plan Family Time.** Sometimes not having time together causes the family stress. We need positive and fun things to look forward to. Have each member of the family make suggestions for get togethers. Explain and understand compromising.

**Leave Work At Work.** Unless you find it uncontrollably necessary, leave paperwork and mental work baggage at the office. This is not only good for the family but also good for your overall well-being.

**Keep Things In Perspective.** Focus on those items and tasks that bring the most rewards to your family and get the full benefit from them. Get rid of those things that do not give benefit to the family.



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