

# Just don't burn out

Stress and burnout are familiar terms in our working lives, and our relationships are also subject to stress and burnout.

Recognising the signs of a relationship heading for burnout is important.

If you are experiencing feelings of powerlessness, disconnection or feel overloaded or bored, burnout may be creeping in.

Have you felt that the communication between the two of you has dropped off and that the two of you no longer seem to be working as a team? It might be time to do some repair work to maintain the marital bond to make sure that your relationship can resume its former good state of health.

Finding the antidote to burnout is not as hard as you might think. It just involves some steps that you might have overlooked in the busy years of building careers or raising children.

Make a commitment to learn more about your partner. You might think you know them well, but find out those little details, like their greatest fear or best holiday. Do you know what their workplace looks like, where they go for lunch and their favourite foods?

Make sure you show your affection and enthusiasm for your partner, regardless of whether you do it by touch, words or nice gestures, so that they know you appreciate them and what they do for you.

It's important to make efforts to connect by doing small everyday activities such as walking the dog, going to bed at the same time and enjoying a cuddle, or buying them a special treat.

Work together as a team to identify your shared dreams and hopes for the future, but also set some personal goals that you can strive for and support each other to achieve.

Make your partner feel valued by asking for their input on an issue and then following their suggestion. Research shows that when men change what they do after listening to their partner, these relationships are more successful.

Don't make the mistake of expecting your partner to be a mind reader. If you are unhappy about something in your relationship, tell them, but in a respectful way.

Stress can cause you not to see the wood for the trees and focus on the weaknesses in your relationship rather than the strengths, so take the time to analyse the good things you have going for you.

## Survival tips

- **Look for signs of burnout such as feeling powerless, disconnected or bored with your partner**
- **Don't despair. There are simple steps that will help you reconnect with your partner and rejuvenate your relationship**
- **Start by setting goals together, doing special things together and reminding the other that they are appreciated and an important element in your life.**