

Importance of Personal Relationships for Lowering Stress

Developing and nurturing your personal relationships can help you lower your stress level. The following suggestions can benefit both your relationships and your mental health:

Visit with friends and family.

Take time to make a phone call, send an email, or write a quick note.

Make “date” time with your spouse, even though this can be a challenge when you have young children.

These dates can be as simple as watching a movie together after your child is in bed. But also consider taking bigger chunks of time when you are able to.

Make new friends.

Establishing new contacts with people who have similar lifestyles can help you feel that someone understands your daily challenges.

If you feel too exhausted to talk to or relate with the people important to you, tell them.

Explain your feelings to them. This communication can help you both feel better.

Help is available. For additional information, visit [MagellanHealth.com/MYMH](https://www.MagellanHealth.com/MYMH)