



REBOUNDED FROM MARRIAGE BURNOUT

Below you will find take-aways from Episode 13 of the “Couples, Coffee & Conversation” Podcast. Use these tips to understand what burnout is, how to fix it if you are experiencing it and how to prevent it!

Marriage Burnout can be defined as being emotionally or mentally overwhelmed and therefore having diminished interest in meeting the demands of your relationship. A person experiencing burnout may feel the relationship is more stressful than enjoyable.

What triggers burnout?

1. Unintentional Neglect

Unintentional neglect occurs when a couple allows “life” to get in the way to the point that their relationship no longer takes priority.

2. Unaddressed core issues

Unaddressed core issues is when there is a concern, frustration or irritation that has not been dealt with at all or has been dealt with ineffectively.

3. Unidentified Changes

Unidentified changes occurs when a couple is still operating based on what their needs, desires & concerns were when they first connected and have not revisited those areas to determine what is or is not working.

Support Guide in conjunction with the “Couples, Coffee & Conversation” Podcast (Episode 13)

www.ibeiveinmarriage.com – Life Coach & Licensed Therapist Robin May

(Rebounding from Marriage Burn-out Cont'd)

How to REBOUND from Burnout:

1. Schedule a Get-away with your spouse
2. Be intentional about times of sexual intimacy
3. Seek Support
4. Explore a hobby together

How to PREVENT Burnout:

1. Identify in advance the indicators that you may be headed towards burnout
2. Discuss roles and responsibilities with one another to ensure neither of you are feeling overwhelmed or unsupported.
3. Identify in advance stress relievers for both of you
4. Schedule Built-in Check-in times to evaluate the health of your marriage

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