



Stressful Transitions - Toni Rose

The nights become cooler. Children return to school. There are NFL games on TV and summer gardening comes to an end. What does all this mean? I'm busy, busy, busy trying to preserve excess peppers and tomatoes, while tending to fall plantings, and preparing beds for next year. Some of the produce is eaten fresh, some is frozen, and some is pressure canned. To tie into marriage, I must ask - is this a transitional season for you and/or your spouse? Do you find yourself freezing your spouse out or constantly letting off steam under pressure. Over the last weeks I have spoken with several women who are feeling the weight of the world. As the calendar pages turned from July to August and then September, life ramped up quickly with family needs, busyness, strained finances, and communication struggles. There is also a tinge of guilt in the mix as wonderful summer plans were not fully realized. Along with that guilt, disappointment and impatience rise to the surface.



I know that when I am feeling stressed, I am overly sensitive to my husband's sarcasm. A snide remark last week may have rolled off me like water on a duck's back. I may have even chuckled. But this week, that same comment can elicit a chilled reaction, weepiness, or an explosive retort. The busyness and stress of transition can also reduce or eliminate margin for recreation and connection. Disconnection is painful. Husbands and wives both feel it and usually react to it differently, but it is present. In the garden, it is critical to properly identify a pest before trying to treat or control it. The same is true with relationships.

Problem: **Transitional Stress and Disconnection**

Growing Tips: **Remember you are on the same team, and you are both hurting**

MATTHEW 19:6 (NCV) "SO THERE ARE NOT TWO, BUT ONE. GOD HAS JOINED THE TWO TOGETHER, SO NO ONE SHOULD SEPARATE THEM."

Find a healthy way to decompress. My Instapot has a steam release valve. It just takes a few seconds to safely lower the pressure. What can you do to safely reduce the pressure. I didn't say eliminate, I said reduce. Can you take a walk, listen to music, stretch, read? Be creative.

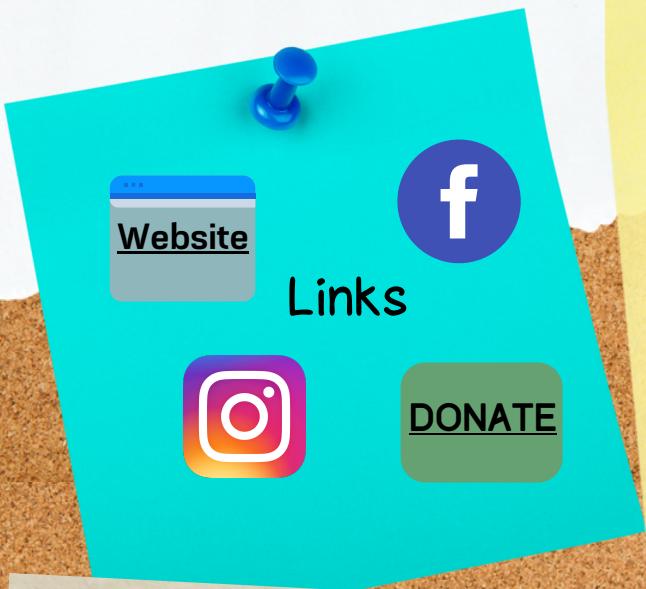
ROMANS 3:3-4 (NCV) "WE ALSO HAVE JOY WITH OUR TROUBLES, BECAUSE WE KNOW THAT THESE TROUBLES PRODUCE PATIENCE. AND PATIENCE PRODUCES CHARACTER, AND CHARACTER PRODUCES HOPE."

MAKE TIME for connection. Joe and I love to light a few candles or sit by the fire pit and take turns playing DJ with songs from the past on Spotify. After an hour of this, we are sharing fond memories and future plans, with laughter and affection.

1 PETER 4:8 (NIV) "ABOVE ALL, LOVE EACH OTHER DEEPLY, BECAUSE LOVE COVERS OVER A MULTITUDE OF SINS."

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