



## How To Care For Yourself When Your Husband Resents You?

Make room for some “me” time to calm your agitated mind.



Meditate and exercise daily. This helps you connect with your inner self.

Cook and eat your favorite food items in small portions to calm your mind.



Vent your feelings to a close friend or family member. It might soothe your pain.

Get involved in social work. Helping others makes one feel better.



Consider reaching out to a therapist if things seem to go out of hand.



Mom Junction

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