



How Can Partners Work On Easing ANXIETY Together?

THINGS TO DO

Plan activities together, such as a walk in the park or a movie date.



Listen to each other's perspectives before jumping to conclusions.

Explore the unfilled needs behind the anxiety and deal with them with compassion.



THINGS TO AVOID

Criticize your partner for being anxious, as they may not have control over their emotions.



Take everything seriously and feel stressed about it. Instead, add humor and have fun while healing anxiety from your relationship.

Try to change your partner completely. All you need to do is learn some stress-managing techniques to help you cope with difficult situations better.

