

Marriage Coaching

What I'm seeing

What is a Marriage Coach?

- A coach is for when you are STUCK, a counselor is for when you are WOUNDED
- A coach just tells you what to do, not why you can't do it.
- A coach is focused on helping you grow your skills
- If you're dealing with abuse, addiction, or mental health you need a counselor or more

Post Pandemic Stress Disorder

- Violent crime is up 30%
- Reported incidents of "Air Rage"
 - In 2019 - 146
 - in 2021 - 5891
- A UCLA study showed an average weight gain of 38 pounds
- There has been a 14% increase in "drinking days" per month
- Binge-watching increased significantly and "existing evidence supports the association of binge-watching with mood disturbances, sleep disturbances, fatiguability and impairment in self-regulation"

Everything has changed

- Work - Lost jobs
- Work - Changes in jobs
 - Autonomy
 - Mastery
 - Purpose
- Home life - stuck at home
- How you recharge - Introverts and Extroverts
- What you do for fun
- Family relationships

So what can we do?

- Partner up in job searching - **Ecc. 4:9** Two are better than one, because they have a good reward for their toil. **10** For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!
- Understand the changes were temporary and how to recover
- Avoid “vegging out” to recharge - “Recreation” not “Amusement”
- Address the conflicts

Managing Conflict

- The three “P’s”
 - Problem - Separate the person from the Problem
 - Position - Properly Position the Problem
 - Pursue - Pursue a solution

Need help?

- NuWell.org
- (724) 318-6671
- email: hello@nuwell.org

