

Disaster Recovery



Strengthen your relationship in stressful times

Money worries can lead to emotional stress and even affect a person's physical health. People may have different reactions to financial hardship. If a person reacts to stress by being more negative, hostile, or irritable toward his/her partner, she/he may feel a loss of affection and satisfaction with the relationship.

- ◆ Men more than women tend to show hostile feelings toward their partners as a result of money pressures.
- ◆ Women are more likely to react with anger to a partner's negative behavior than to money problems.
- ◆ Both partners may mistake each other's real feelings.
- ◆ When money is tight and the family faces uncertainty and hardship, both partners need to talk about how they are feeling.
- ◆ Finding ways to show love and affection toward each other builds strength to get through tough times.

Remember to show affection and talk things over together.

Prepared by extension specialists at Iowa State University.

... and justice for all

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