

Family Life Stages/Stress

There is a lot of emphasis on the amount of stress that people encounter in their personal lives and in their workplace. When one examines the sources of this stress, what we find is that we can anticipate times in our lives when stress is more pronounced. Stress is connected to adjustment to change. Some of these changes are unforeseen. The others are a predictable part of life. These periods are related to stages in a Family Life Cycle. These are times when families shift functioning. They are periods of development (growth) and periods of change (stress).

Single Adulthood (time of independence).

Courtship/Marriage (new family system).

Childbearing Couple (creating healthy environment for a child, keeping own relationship healthy).

Families with Pre-schoolers-adjusting to parenting and the lack of privacy.

Families with Pre-teens (emphasis on education, getting along with other families).

Families with Teens-teaching and allowing freedom and responsibility.

Families with Young Adults (eldest gone, youngest getting ready to leave).

Post-Parenting Couples-focus on establishing NEW marital relationship, dealing with multi-generational ties.

Aging couples-dealing with loss and adjustment to aging.

With each of these stages comes an anticipated set of problems and goals. Planning and knowing what is coming sometimes helps us to be less stressed and feel more capable.

Those unforeseen issues that we encounter such as loss related to death of a loved one, illness, divorce, or financial loss, also cause stress.

In either case, if you find yourself struggling with adjustment to change, contact Mercy EAP Services, LLC at 319-398-6694 or 1-800-383-6694.