There are multiple factors, such as situational factors, maturational factors, and sociocultural factors, that can lead to stress (Park, 2019) The increase in epinephrine released exposes the body to a chronic state of arousal which has many health-related effects such as, disturbed sleep, irritability, and an increase in startle responses (Park, 2019). How we cope and manage stressors can determine the outcome of our health in each situation (Park, 2019).

The laundry was piling up. I finally said to my husband, Tayler, angrily “I am doing everything around here and you aren’t helping. I would love to sit on the couch and play with the kids when I get done work or school for the day, but I can’t because I have to do everything around here.” The part that went wrong was the lack of communication on my part about how I felt like I needed more help but wouldn’t ask for it. The message was never sent to the receiver. I just kept assuming my husband would know I needed help without asking and when I cracked, I was hostile, and I was playing the victim.

The new changes in life were weighing on me for weeks. I had been struggling with managing school, homework, my kids, my husband, and housework; finding the balance for everything was something I couldn’t seem to figure out and I was exhausted. I was not getting enough sleep because I was staying up so late trying to get things done, or I would toss and turn in bed because the number of things pilling up just wouldn’t leave my mind. I was upset that I didn’t have time to exercise anymore, which is something that I enjoyed and made me feel better. I was a ticking time bomb. Multiple signs of stress were emerging, and I was ineffective at coping (Park, 2019). In our relationship, I have always been the one who does the laundry, and I am fine with that. However, times had changed, and I was falling further and further behind and feeling more and more stressed from my shortcomings in the household. I would look at the loads of laundry waiting to be done and it would make me angry and sad. My husband would get home from work, make supper, and then relax on the couch with the kids while I was struggling to finish more schoolwork, tidy up the house, prepare for Leighton’s day at school, and pack for Brenner’s day with childcare. I was full of resentment. I would watch them giggling and laughing and enjoying time together and I would feel sad and then I would swallow it and push in down because I didn’t have time to focus on that. I felt like I couldn’t say anything because this is what I had chosen to do. This was how I wanted my life to be. I had to own it and pretend like everything was fine. Tayler was caught off guard and upset that I didn’t bring the issue to his attention before blowing up. He didn’t realize how upset I was and when I finally expressed my feelings, he felt sad and disappointed that he didn’t notice. He apologized and asked what I needed from him.

I have learned that communication is the key to a successful relationship. If there is a lack of communication and an inability to ask for help, problems can’t be solved to their fullest potential which can lead to further issues (Park, 2019). If I am faced with a similar situation in the future, I am going to be open about my feelings. I will not bottle them up and ignore them until they explode. I need to be able to communicate what I need from others and not just assume they will know. I will avoid putting blame on others and take responsibility for my own actions. If I am feeling stressed or overwhelmed, it is not anyone’s fault but my own. I need to be able to learn how to manage and cope with my stressors before taking it out on the ones I love and who are there to support me in all aspects.