

Mental Health & Marriage: Is Happiness Possible?

Mental health issues don't have to keep you from having a happy marriage, unless you let them; there's hope. Sure, you might have to try a bit harder, but since when has marriage ever been easy for *anyone*?

Consider these helpful tips to make the situation easier.

Educate your partner on your condition

Don't let stereotypes be your spouse's only source of information.

Share the details of your condition, cover all the symptoms, treatments and side effects of any treatments.

Take care of yourself

Maintain your course of treatment; do everything in your power to stay well, including taking medicine, eating well, and exercising.

Don't give your partner a reason to worry or be alarmed about you.

Take care of your spouse

If you're dealing with mental health issues, it can put a lot of stress on your partner.

Your partner can spend so much time worrying about you that they don't take care of themselves.

Also, they might keep problems to themselves because they feel guilty about burdening you, which creates even more challenges.

Marriage is a give and take; so, take care of each other.

Seek counseling and support together

Never feel bad or embarrassed about seeking counseling or therapy to cope with mental health or marital issues.

You see a doctor for annual checkups; take your car to the mechanic for routine maintenance. What's wrong with seeing a counselor or therapist? Nothing!

See a counselor together, but if your partner is hesitant, then go alone to learn coping mechanisms and communication strategies.

Even if your partner won't go to counseling with you, maybe they'd consider attending a support group for people whose loved ones who are dealing with mental health issues.

Whatever you do, remember that having a mental health condition doesn't have to keep you from having a healthy relationship.

As long as both partners are willing to learn, communicate, compromise, and support each other, the marriage will thrive.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!