

# ON THE COUCH

## with Dr De-Stress



Dr Mariette Jansen

### Does your life feel like a struggle?

Dr Mariette Jansen (Dr De-Stress) is a psychological coach who helps her clients to discover more about themselves and to take control of their lives and its challenges. If you are worrying about anything, share your questions with Mariette in confidence and receive a personal answer from her - email: [mariette@drdestress.co.uk](mailto:mariette@drdestress.co.uk)

**Q:** The moment my husband and I start discussing summer holidays, we end up arguing. He wants to go to a sunny place and lie by the pool. I love to go to the mountains and be active. Each year our holiday is a stressful experience, as I don't enjoy the heat and end up spending time in the gym or in my room while he is outside or we go for a hike and he is moaning at me all the time. Instead of having fun, we just create stress for each other. How can we have a great holiday together? *Emily*

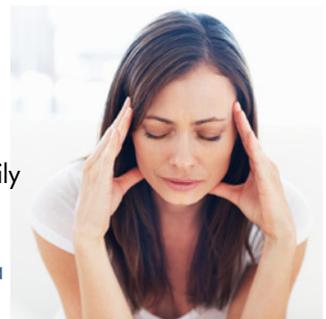
**A:** Dear Emily, happy relationships are partly about negotiating differences and that is clearly the case in your relationship when it comes to holidays. You have tried to accommodate each other but that hasn't worked. I would suggest that you won't even contemplate a sunny or a mountain holiday together anymore.

Your interests are too wide apart to make a compromise work. Let me take you back a step and ask the question what you want from a holiday, regardless of the destination: do you want to recharge your batteries, broadening your horizon or reconnect in your relationship? And what is your husband's aim? Knowing what you both want will define the next step. So, if recharging is the aim for both of you through sun or mountains, you each have to find a friend or a group to go with. However, if you are both keen to explore new things, you have a joint project and you could end up together on a cruise, a city-break or an alternative holiday focussed on painting or wine making. Discovering things together might open up a whole new dimension in your relationship and in your holidays! There are a lot more types of holiday than the mountains or the sun. Let me know where you end up this year.

Not sleeping well? Knots in your stomach? Worrying way more than you would like? Secretly, not feeling good enough? Not in control of your life? Too much work and not enough fun?

These are all signs of different types of stress, which you can easily leave behind with the help of my effective tools and techniques.

Want to **stress less and live more**? Dr Mariette Jansen offers a **FREE** clarity call, a one-hour stress check, an online meditation class and a range of coaching options. Visit [drdestress.co.uk](http://drdestress.co.uk) to book what suits you, or call **07967 717131**.



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