

Critically discuss the following points in the short video above

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Critically discuss the following points in the short video above affiliation How men handle stress From the interview, it is evident that men and women handle stress in a different way, this is similar to the way these genders handle their emotions. Women tend to handle their stress by in a better way as they express it to other people; on the other hand, men tend to handle their stress by keeping things to them by ignoring it. Men get their stress from things such as marriage and the society that demand a lot from them and economic stress. On economic stress, once they ignore stress, it takes its toll on the individual especially in cases where the men refuse to seek help. Too much stress can eventually lead to heart problems, one of the reasons as to why men ignore help on stress issues is the fact that they do not want to be seen talking to counselors or a therapist, they think they will be viewed as weak.

How women handle their economic stress

From the interview and as well as researchers, it is vivid that women receive as twice the rate of economic stress than men, in addition,, there are three times more likely to be victims of overwhelming economic stress. This is the higher number of responsibilities that they have such as raising families, and keeping their homes safe. One of the ways women handle this stress is by taking either retirement loans, or hardship withdrawals. A bigger percent also ensure they live type of life that they can cater for in relation to their income. In addition to this, women ensure they pay their bills on time and finally they ensure that they have debt levels that are manageable.

The interaction among economic stress, holidays, and divorce

A research shows that holidays usually bring up economic stress and as well

as economic struggles irrespective of whether an individual is getting stressed. Thus, facing the holiday season in the time of divorce or after is quite challenging, thus is due to the fact that one is usually alone or away from the children. One needs to be psychologically and mentally ready to face these hard times. One of the most important things is to ensure that one has security in sector such as health and finance. By so doing, one is able to focus on rebuilding and get a new and better life.

The most important relationship tip to handle the economic stress

In most relationship, the economic stress is a problem especially if it's abrupt, a situation whereby it never existed before. Thus, coping with this new situation leads to stress; this is brought by situation whereby individuals tend to lay blame games. Some of the best tips on relationships on economic stress include getting some financial assistance from places such as bank or other firms, being open to each other about issues that concern money. It's also vital to discuss how making losses affect the relationship and as well as the couple in general. By so, it's good to appreciate the little thing that you have in the relationship.

Reference

<http://www.youtube.com/watch?v=RmfKFHRew7Q>