

Are You Suffering From Persistent Health Problems?

Sometimes, poor health can be caused by stressful situations and relationships

What an Unhealthy Relationship can Do to Your Health

The body is able to adapt and endure incredible stress. Some stress is good, but too much stress is unhealthy.

It is common for serious health problems to develop when one's life is stressful.

The ongoing stress of an unhealthy relationship can damage the body, causing many long-lasting (chronic) health problems such as bowel problems, headaches, pain and depression.

In an Unhealthy Relationship

In an unhealthy relationship:

- there is lack of trust and openness between two people
- one person exercises power and control over the other
- one person causes physical, sexual and/or emotional harm to the other person.

Signs of an Unhealthy Relationship

The person in control may:

- not allow the other to work
- control the finances
- take away keys to the car
- prevent the partner from seeing friends and family

- demean with insults, put-downs and name calling
- be extremely jealous
- prevent the partner from seeing the doctor
- threaten to take the children, say the partner will never see them again
- threaten to leave, kill or hurt the partner or the children
- threaten to commit suicide
- hurt or dispose of family pets
- slap, punch, push
- strangle or drag the partner
- hurt or threaten the other with weapons
- demand sex without consent
- practice a hurtful or humiliating form of sex.

If You are Having These Problems, it is Important to Know and Believe

- It is not your fault.
- You do not deserve this kind of treatment.
- You are not alone.
- You are a good person.
- You are not what your partner is saying you are.

(over)

You Have Rights in Your Relationship

You have the rights to:

- set your own priorities
- express your feelings and opinions
- be listened to and be taken seriously
- ask for what you want
- say “no” to anything you don’t want to do, and not feel guilty
- make mistakes
- change and grow
- have relationships that are loving, respectful and equal
- be free of fear
- set limits.

Often...

Often serious health problems develop when your life is stressful. These can include:

- chronic (long-lasting) headaches
- chronic bowel problems
- frequent infections
- back, chest, abdominal or pelvic pain
- depression:
 - inability to concentrate
 - loss of appetite
 - low energy level
 - sadness.

Sometimes...

Your mind, body and spirit are closely connected. That is why physical changes can occur when your life is harsh.

Sometimes the source of a stressful, harsh life is an unhealthy relationship.

There is Hope and Help

This health care facility is a safe place to get help. Talk to someone about your situation — ask your doctor or nurse for help or for a referral.

Many community agencies provide caring, free, confidential help. They do not tell anyone what to do and they know many valuable resources.

Whom to Call for Help

National hotlines:

- 1-800-799-SAFE
(Domestic abuse)
- 1-800-656-HOPE
(Rape, abuse, incest)

State hotline:

- 1-866-223-1111

Local resource numbers: