

Introduction

In current society and social circles, people struggle with building positive relationships. Healthy relationships are especially important for people under increased stress. Bahun and Huić (2017) found, “Recently, research has shown that stress experienced outside the relationship is negatively associated with relationship outcomes.” In situations where stress is frequently triggered, it leads to chronic stress, which is unhealthy (Chen, 2022). Circumstances that create chronic stress include fifty-three million unpaid caretakers and the increased number of those who work at home, are homemakers, or homeschool since the COVID-19 pandemic (Bevan et al., 2021; Chen, 2022). These individuals carry a great burden of stress on their shoulders and a lack of proper work-home boundaries (Chen, 2022). They encounter feelings of loneliness, social deterioration, strained relationships, and financial burdens (Tough & Fekete, 2022).

Program

The irony is that resilience to stress comes from quality relationships, whereas chronic stress leads to the deterioration of relationships due to the decreased energy and time for those relationships (Bahun & Huić, 2017; Bevan et al., 2021; Chen, 2022; Tough & Fekete, 2022). A healthy way to build relationships can be difficult when under chronic stress. Therefore, we will build an online family life education (FLE) curriculum that teaches families, predominantly those where one or both spouses stay-at-home, how to build relationships with their loved ones and those around them. Five lessons, posted to a website, will educate stay-at-home clients in active listening, sending and receiving nonverbal signals, sharing care and compassion, conflict resolution skills, and reaching out.

Purpose

This FLE program will also be taught in conjunction with an upper division course in the Marriage and Family Studies major at Brigham Young University-Idaho, titled: *Teaching Family Life Education*. This portfolio encompasses all the elements required in creating and applying a FLE program which will teach stay-at-home parents and caregivers how to build strong and healthy relationships with their children or with the ones they care for. Relationship efficacy will give the individual clients the resilience they need to bounce back from the overwhelming stress that comes with caregiving, child rearing, and working from home (Bahun & Huić, 2017).

References

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