

Episode 2: The Pressure Faced by Working Couples

Nowadays, many couples need to face three-fold pressures, namely from their parents (the need to take care of parents when they become sick or to resolve differences with parents in bringing up grandchildren), their spouses (the pressure of work and family) and their children (the pressure of parenting and education). Husbands and wives are busy coping with the pressures of life without space for respite.

To tackle the three-fold pressures, couples need a lot of adjustments, including adjust the expectations for children's academic achievement, take turns to take care of ill-health parents with family members and avoid facing the problems alone. More importantly, apart from working together, husbands and wives should make room to relax, creating opportunities to unwind, such that they can muster the will and courage to face the future challenges together.