



Making Time to Connect



There are 168 hours in a week. How many do you devote to your relationship?

How much time do you devote to your partner in a single day? What about in a week? Life is hectic. Sometimes it can feel like we do not have any time for ourselves, let alone our partners and families. But couples who have the strongest relationships find time to work on their relationship every day through shared interactions.

Couple rituals are shared interactions that are repeated and significant to both partners. They do not have to be time consuming. In fact, you might be surprised how quickly just a few simple daily rituals can add up.

Following are a few ways you can spend just 5 extra hours each week connecting:

Before leaving: Do not leave without knowing one interesting thing that will happen in your partner's day.

2 minutes a day X 5 working days
= 10 minutes per week

When returning: Have a 20 minute stress-free conversation. Give full attention. Show support and understanding before giving advice.

20 minutes a day X 5 working days
= 100 minutes per week

Admire and appreciate: Find some way every day to give or show genuine affection and appreciation. Call, text, or email to touch base when you are away from each other.

5 minutes a day X 7 days
= 35 minutes per week

Affection: Cuddle, kiss, and hold hands. Go to bed at the same time even if you do not go to sleep at the same time. Remember to kiss each other before going to sleep.

5 minutes a day X 7 days
= 35 minutes per week

Alone time: Devote at least 2 hours a week to uninterrupted time alone together. Avoid talking about who will do what chores or tasks. Spend time catching up, reminisce, talk about your hopes and dreams, and just enjoy your time together.

120 minutes per week

TOTAL: 300 minutes per week (5 hours)

Commit to putting in a little extra effort every day to strengthen your relationship!



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