Growing a Healthy Relationship

While many relationships start in a romantic whirlwind, it is not unusual for these feelings to fade over time. For some couples, this may result in the natural end of the relationship. For others, it is a time to dig deep and figure out how to grow as a couple.

These tips may help strengthen the foundation of your relationship and sustain it for the long term:

- **Schedule time together.** Date night once a month is a great idea, but it may not be frequent enough to maintain closeness, and may also be harder to schedule if you have kids. Consider designating the hour before your bedtime as “together” time. Use it to watch a favorite TV show or simply talk about your day. Sharing a sit-down meal, rather than simply eating in front of the TV, may provide some needed couples time as well.

- **Team up.** Make a list of chores and other responsibilities, including child and elder care duties. Divide them so they are balanced fairly in terms of both time commitment and skill. Schedule discussions about big decisions, such as budgeting for major projects.

- **Focus on details.** Small gestures, such as remembering your partner’s favorite ice cream or how they like their socks folded, will go a long way toward building rapport. Take the time to explore your partner’s “love language” and determine how it matches up with your own.

- **Be supportive.** If your partner wants to go back to school or make a career change, encourage their endeavors. Create space for your partner to enjoy hobbies and solo time with friends. Do these things for yourself, too!

- **Cope with conflict.** Avoiding disagreements will only let them fester. Learn to argue in a way that deals with problems constructively and stays focused on the topic at hand. If couples counseling would be helpful, LifeMatters can help you locate a provider.

- **Work on you.** Improving your own communication skills may help you to engage with your partner in a healthier, more loving way.

- **Be playful.** Fill your home with laughter and fun.

LifeMatters can provide resources and assistance with strengthening your relationship. Call 24/7/365.