

# 5 Rituals to Reconnect

By Ashley Foster

Here are five rituals to help your relationship thrive.

## 1

### **PUT DOWN THE SCREENS DURING MEALS**

It may not be possible to do this for every meal, but whenever possible, turn off the TV and put away your cell phone. Your emails and Facebook feed can wait.

## 2

### **HAVE A STRESS-REDUCING CONVERSATION**

Spend 30 minutes each day having a “how was your day, dear?” It’s not a time to bring up issues about your relationship. Couples who actively listen, take turns sharing how they feel, and show compassion to each other will reap the rewards of more emotional connection in their marriage

## 3

### **TAKE A VACATION**

Take an annual vacation without the kids to somewhere you both agree upon. If your budget doesn’t allow you to take a vacation, you might try camping or looking for moderately priced accommodations nearby for a long weekend

## 4

### **EXERCISE TOGETHER**

Go biking together every Saturday morning or take a daily post-dinner walk with your partner. Sharing an exciting experience can bring couples closer together

## 5

### **SHARE A SIX-SECOND KISS**

Physical contact releases oxytocin (the bonding hormone), that can improve our mood (for days) and can help you stay calm. Holding hands, hugging, touching, and making out can reduce your stress hormones (cortisol) and increase your sense of relationship satisfaction.