



RELATIONSHIP TIPS

- **Keep physical intimacy alive.** Affectionate touch boosts oxytocin, a hormone that influences bonding and attachment.
- **Spend quality time together.** Everyone is busy; however, making time together is critical. Without it, communication and understanding fade away.
- **Never stop communicating.** Learn your partner's emotional cues and keep senses in check. Learn to communicate effectively (and nicely!).
- **Give and take.** Healthy relationships are built on compromise. Don't make "winning" your goal.
- **Expect ups and downs.** Life isn't 100% rosy. Neither is your partner. Also, life stressors can make us short tempered. Don't take stress out on your partner, be open to change and don't ignore problems.

STRENGTHEN YOUR RELATIONSHIP

- **Stay involved with each other:** Stay involved in their daily life and do things together.
- **Conflict:** Be able to get through conflict without humiliation, degradation or having to be right.
- **Develop outside relationships also:** Having outside friends and interests strengthens your social circle and brings new insight to the relationship.
- **Communication:** Honest, direct communication is a key part of any relationship.

OUTSIDE PRESSURES

- **Differences in background:** Cultural, religious or economic backgrounds differ. Take the time to learn, discuss and work through the differences.
- **Your partner's family:** It's important to discuss and agree on how to respond to differing family values and support one another on "suggestions" from family.
- **Friends:** Some people give up friends if they're partner doesn't favor them. Instead, negotiate by asking, "Which of my friends do you enjoy seeing and which ones would you rather I see alone or at other times when I'm not with you?" This can help to alleviate negative feelings and situations and still allow friendships to grow.

FOR MORE INFORMATION OR COUNSELING RESOURCES, VISIT:

<http://www.helpguide.org/articles/relationships/relationship-help.htm>

https://www.cmhc.utexas.edu/vav/vav_healthyrelationships.html