

4 HEALTHY HABITS TO COMMIT TO TOGETHER

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Whether you're into making New Year's resolutions or not, one thing we can agree on is that creating healthy habits, no matter what time of year is a worthwhile endeavor. And even better than establishing healthy habits on your own – Commit to them with your spouse. You're not only able to hold each other accountable, but you're also able to encourage and motivate each other to stick with it. Here are four healthy habits to commit to together:

Sit down to a meal together once a day.

Sitting down to eat together offers multiple benefits. You get to enjoy time together while nourishing your body (*something you have to do anyway.*) Plus, regular sit-down meals are beneficial for your kids, providing a consistent point of family connection. Even if you have a busy day ahead take time to recalibrate and connect every day.

Do something active together at least once a week.

Start small. It doesn't have to be a strenuous 90-minute sweat session. It could be an evening walk or an hour of playing with your toddler together. Be intentional about staying active together – it's a win-win for your relationship and health.

Stash your phones for at least an hour every night.

The phone addiction is real, it can cause major interference in staying connected to our partner. Commit to stashing your phones in another room for at least one hour each evening. Then *use that time* to be fully present with each other. Without the constant distraction of a screen in front of you, you're able to be a better listener and ask better questions.

De-stress regularly.

Learning to manage stress and supporting each other in doing so will pay dividends throughout your relationship, as well as your physical and mental wellbeing. Have a conversation to learn more about each other's stress tendencies: what causes you to feel stressed, how you show you're stressed, what helps you relieve it, and how you can help each other. This does two things – you're proactive about your *own* stress and empathetic and supportive to help your spouse manage theirs.

Establishing healthy habits can be challenging. But by committing to them as a couple, you have built-in support, making it more likely you'll stick with them consistently. Plus, you'll benefit from the ripple effect of prioritizing daily connections.