



By Drs. Les & Leslie Parrott - SYMBIS Blog - April 13, 2022

When you have careers, a marriage, a family, and outside obligations, it's easy to let your needs fall by the wayside. Oftentimes, sleep and self-care are

the first things to go when you're overwhelmed. The daily demands of life are important. However, making time to recharge is equally critical. When you and your spouse work together to make time for rest, you both win. As a result, you'll both be more successful individuals, and you'll be a step closer to a healthier marriage. So, how do we best do that?

### **1. SHARE WHAT MAKES YOU FEEL RESTED AND RELAXED.**

Talk about what makes you feel rested & relaxed. No matter how long you've been together, it's good to do an occasional check-in. People's preferences can change over time. Take a little time to remind each other and yourselves of how you prefer to relax, then plan to make that happen.

### **2. HELP YOUR SPOUSE REST AND REJUVENATE IN THEIR PREFERRED WAY.**

Now that you're familiar with each other's preferences, find ways to help your spouse relax. Create opportunities for them. Maybe they'd like to take a long bath or get a massage. On the other hand, they might want to be left in silence with a good book, a cozy blanket, and a cup of coffee. Try to anticipate times when your spouse might enjoy winding down. Doing that can build goodwill in your relationship and help you grow closer.

### **3. SEE THROUGH YOUR SPOUSE'S EYES.**

It might seem counterintuitive but give your spouse's favorite form of R&R a try at least once. Agreeing to swap could help you both gain insight into one another. You might find that you enjoy walking in each other's shoes. The point of sharing these experiences is for the two of you to not only grow closer but recharge in the process.

### **4. WORK TOGETHER TO REDUCE STRESS IN YOUR LIFE.**

A major part of rest and rejuvenation is reducing stress in general. If you and your spouse can work together to lower the stress level in your life, then you should absolutely do so.

To reduce stress in your life:

- Identify stressful situations & discuss what you can do to improve them
- Reduce extraneous obligations that you're no longer excited about
- Adjust your expectations and work together to shake up the status quo (such as dividing your responsibilities differently, looking to make a career change, or setting healthier boundaries in your relationships)

### **5. PLAN REGULAR GETAWAYS.**

A getaway doesn't have to look a certain way, and it doesn't have to be a big, extravagant trip to help you both feel deeply rested afterward.

Consider your options, then figure out how you're going to make it happen. Remember, even a weekend at home with your phones turned off can work wonders. When you rest—and help one another get the rest you both need—you'll both feel more ready to take on whatever challenges come your way. You're on the same team, so have each other's backs!

The truth is our relationships are only as healthy as we are. If you both want to get healthier, reducing stress is just one piece of the puzzle.