

10 WAYS TO CONNECT IN 10 MINUTES OR LESS

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In an ideal world, you and your spouse get to enjoy a weekly date night and ample time each day to check in and connect. Reality looks different. Depending on your season of life, you might be lucky if you get a date night every couple of months and a few minutes of quiet after the kids are in bed. Even if things aren't that hectic for you right now, there are days you feel the time crunch. You shouldn't sacrifice staying connected. Here are 10 ways to connect in 10 minutes or less.

1. Get physical – Go for a long bear hug, a cuddle session on the couch, hold hands, make eye contact, or try something spicier if the mood strikes. Physical touch can help you both relax and focus on being present and in the moment.

2. Dance to your favorite song(s) – Put on a song from your wedding, a throwback playlist, or jam out together to a concert favorite. Whatever you choose, forget everything else for a few minutes and just have fun.

3. Share a snack – Fix up your favorite treats together or take turns making something for each other. Then sit down and savor it together, enjoying each other's company in the process.

4. Make each other laugh – Get goofy and go out of your way to crack each other up. Add an extra twist by seeing how long you can go without laughing – which usually makes everything funnier. Laughter gets the endorphins flowing, and having fun together sparks your sense of connection.

5. Take a power walk – Sneak away on a quick stroll around the block or neighborhood. Enjoy some fresh air as you chat about whatever is on your mind or share about your day.

6. Have a daily check-in – This is a simple way to incorporate a quick reconnect into your everyday routine. Whether it's right after the kids are in bed or over your morning coffee, pick a time that works for you and be consistent.

7. Share a memory – Start off a conversation with, "Remember when..." Whether you recall a funny memory or a sentimental one, reminiscing helps you connect over shared experiences.

8. Pray together – Praying together is a simple yet intimate way to feel connected and better able to work through conflicts. Consider adding it to your daily check-in.

9. FaceTime each other – Whether you're out of town, or just want a boost in the middle of the day, FaceTime or video call. Seeing each other's faces allows you to pick up nonverbal communication.

10. Give each other a compliment – Offer praise that's specific and from the heart to show that you truly see and appreciate each other.

Staying connected is crucial to maintaining a vitalized relationship. While it does take intention, it doesn't have to take up hours every day (*unless you want it to!*) Consider using these quick ways to connect when time is limited.