

4 PRIORITIES FOR BUSY COUPLES

PREPARE/ENRICH BLOG - APRIL 19, 2023

Are you busy? That might sound like a silly question. These days, everyone is busy. Sometimes it's by choice; other times it's just a season of life you're in. Whether it's with your job, family, hobbies, or simply staying on top of all the tasks that make up daily life, there are countless things that vie for your time, attention, & energy. What effect does this have on your marriage?

The answer shouldn't come as a surprise. When you're extra busy, you're spending less time together, inviting distance and complacency to take root. While your level of closeness will ebb and flow throughout the course of your marriage, you can prevent a bigger problem from developing by prioritizing these four things when things get extra busy:

1. Daily quality time

You might be thinking, "If we're so busy, how will we have time for quality time every day?" But the key is *quality over quantity*. That means it doesn't have to be hours – it can be as little as five or ten minutes each day, as long as it's intentional time spent focusing on & connecting with each other. Eliminate distractions, both mental and physical, so that the time you spend is all about getting back in tune with each other during the hustle and bustle. Make it a habit - a standing "date" so that you don't have to take time to plan it each day – you'll be much more likely to carry it out this way.

2. Finding ways to connect when you're apart

Sending funny texts throughout the day, calling just to check in when you have an opportunity, or leaving a sweet note for your spouse to find – there are countless ways to let your spouse know you're thinking about them even if you can't be together. Get creative.

3. Communication

This should be a priority for all couples, no matter what the pace of your life. It's particularly important for couples that are often going in different directions. You'll want to make sure you're communicating about the logistical stuff – what's on the calendar, who's picking up which kid – to keep your household running smoothly and to prevent potential conflict. You also need to communicate well about the emotional, relationship-related stuff. It can be difficult to find designated time to work through conflict, talk about issues, and share problems, especially when you're constantly on the go. That's why it's so crucial to stay "in touch" with each other, as it prevents emotional distance from taking hold.

4. The occasional break

Constantly burning the candle at both ends with no time to de-stress or decompress can be detrimental to your individual well-being – and your relationship. Everyone needs a break now and then to recenter and recharge. Plan when you can take a breather together. Maybe it's a long weekend away or a staycation. Perhaps it starts at the end of the school year when you intentionally limit scheduled activities for the whole family and focus on enjoying a slower pace of life for a few months. Figure out what works for you and your spouse and hold yourselves to it.

Being busy is pretty much unavoidable these days, whether it's just the occasional hectic week or being in the thick of it for a few years. When the time you have to spend together is limited, the risk of growing apart is heightened. Prioritizing these four things will help you keep your marriage strong.