



Building a Resilient Relationship

Resiliency, or the degree to which obstacles and hardships are overcome, is the cornerstone in any relationship. A highly resilient relationship has a better chance of thriving for the long term – not to mention, more fulfilling. Consider the following for building and nurturing resiliency in your relationship.

What You Can Do

Communicate: Communication is key to a resilient relationship. However, people communicate differently and sometimes it can take some work to figure out how to adapt different communication styles. Consider how you communicate – for example, do you readily speak your mind? Do you hold things in? Now, consider how your partner communicates. Talk with him/her about their perception of your communication style and discuss ways to make sure you are both feeling heard. If you find yourself struggling in this area, consider talking with a professional counselor to learn different ways of communicating.

Make time: Life is busy. It's easy to fall into the trap of carrying on with the day to day without having any quality time with your partner. Spending quality time together is one of the most important things you can do as a couple. This is how bonds are strengthened and memories created. Quality time can be as simple as cooking and eating dinner together or an early morning dog walk. Whenever and however your quality time occurs, try leaving out all 'screens' – TV, smartphones, computers, etc. In doing so, you may find you get more out of your time together.

Show your love: Hearing how much a person cares is very important and some people need to hear it often. However, doing things which demonstrate your love is equally important. And remember, even the little things go a long way. For example:

- Offer a back massage at the end of a long day.
- Leave special notes or messages on the bathroom mirror.
- Offer to take on a task your spouse generally handles.
- Learn to prepare your partner's favorite meal.

Ask for what you need: A common misconception in relationships is that people assume their partner knows what they need from them without actually telling them. However, most people assume their partners' needs based on their own needs. Don't fall into this trap. Tell your partner what you need from them in very specific terms, and in turn, ask what they need from you.

Focus on what you're giving, rather than what you're getting: While it's very important to make sure your partner knows what you need from them, don't let this be your focus in the relationship. Instead, make a daily habit of focusing on what you are giving to your partner.

Talk to someone: Relationships can be very tough when things are rocky. If your relationship is going through a difficult time, consider talking with a professional counselor. The counselor may be able to provide tools and resources for a healthier, happier relationship.

For more information about relationships, visit the website or call the toll free number listed below.



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