

## Tips for Keeping Your Marriage Fresh

Good marriages are works in progress. This is true whether you have been married for six months or sixty years. But the work you do to keep your marriage fresh can — and should be — fun, inspirational and energizing. While everyone's marriage is different, there are few universal things that you can do to keep the spark in your marriage.

### **Set Aside Some 'We' Time**

One of the most important things that you can do for yourself and your marriage is to plan some time alone as a couple at least once a week. This can be as simple as going out to dinner, to a movie or maybe attending an art exhibit or a play (something your kids wouldn't typically enjoy). You might even want to get dressed up a bit. Looking your best for your spouse is a wonderful expression of how much you care and respect each other. If you can't find a sitter, plan some time alone after your kids have gone to bed. Pop some popcorn and snuggle up on the couch to catch a good movie together.

Take a walk or go on a hike. Put on music and dance in the living room. Or just relax and talk about everyday events or things as big as your hopes and dreams. Personal and intimate conversations in a marriage are vital to feeling closer and connected to each other. The key is not only togetherness but being alone together.

### **Overuse Those Three Little Words**

Compliment your spouse every day. And never let one day go by without saying 'I love you.' When you say 'I love you,' be sure it's not just out of habit. Send her a text message at work. While he's showering, write "I love you" on the bathroom mirror. Every so often put a love note in your spouse's jacket, lunch box or briefcase tell your spouse how much they're loved and appreciated. Be creative! There are a million little ways to show your love.

### **Fall in Love Everyday**

The key in keeping your marriage fresh is to remember why you fell in love in the first place. Keep these feelings close at all times. Enjoy each other every day and you will be much happier with every day that passes.

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