



Looking for ways to keep your relationship on the “Nice List” this Holiday Season?



Then check out these Merry & Bright Relationship Tips...

The Holiday Season is one of celebration, shared moments, family, and memories. It can also be a stressful time for couples and families with relatives who stay too long, never-ending shopping lists, money issues, parties, school events, snow removal ...and you know the rest all too well!

The Wyoming Healthy Marriage Initiative wants to help make sure your holidays bring your family closer, that you and your spouse have time to appreciate your blessings, show those you love how much you care, and provide opportunities to create wonderful new memories for years to come. *Here are a few tips to keep this holiday Merry & Bright:*

Plan Ahead. When the invitations to parties and events start pouring in, pre-determine how many events you and your spouse will attend this season. Make sure you attend events with both your friends and your spouses friends! By choosing and limiting the number of events you attend as a couple, you will insure you have time for the most important part of the holidays—time together!

Share Responsibilities and Stress. We can get caught up in trying to recreate the holiday's of our childhood with all the trimmings. So make sure you take time to talk about and divvy up the holiday responsibilities. Meal planning, holiday shopping, holiday cards are just some of the jobs you can share! Remember to be an encourager as your spouse heads to the mall or the kitchen!

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Remember to Talk!- As the stress of the holidays build, remember to let your partner know how you are feeling. Set aside time to talk each day; don't be afraid to ask for help and to share feelings of disappointment and joy! Frustration, and exhaustion can be just as big a part of the holiday as holiday joy and energy.

Focus on your Spouse. It can be easy to loose sight of those you love as the big day draws near, but its important to find meaningful ways to spend quality time with your spouse. Here are a few fun ideas: pull out the photo albums, put on holiday music and remember holidays past, create a personal ornaments for your husband or wife that expresses your love, trim the tree together, hang lights, sing carols, bake cookies, and remember to spend at least one evening just the two of you!—These will be memories that last a lifetime. Don't miss them!

After the Holidays– Continue to make your marriage a priority. After you have stored all the decorations and eaten the leftovers, take time and visit the Wyoming Healthy Marriage Initiative website at www.wyofams.org. Sign up to attend a couples class or borrow a book or CD from our lending library, find more ways to make your marriage a priority!



Little ways to say “I Love You” this holiday season:

- 1-Hide a note in you spouse's snow boot or shoe saying “I love you” or “Stay Warm Today” - it will bring a smile as they prepare to leave the house!
- 2-Make a special breakfast for just the two of you to share on a chilly morning, don't forget the hot cocoa and marshmallows.
- 3-Go on an evening walk together admiring the lights and holding hands through the mittens.
- 4-Instead of counting down the days to the big holiday, add up all the reasons you love your spouse! Write them down and present the list as a gift that will be remembered for years!

Funding for this project was provided by the US Department of Health and Human Services, Administration for Children and Families, Grant # 90FE0025. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the US Department of Health and Human Services, Administration for Children and Families.