

7 Tips for a Mindful Marriage

ADD SOME MINDFULNESS
TO YOUR MOVEMENT

LIVE WELL UTAH



Mindfulness can help you more fully enjoy what matters most—including your spouse! Try these seven tips to be more mindful in your marriage.

We live in a fast-paced world, and if we aren't careful, life can slip by without us fully enjoying the people and things we love most. Being mindful, or maintaining an awareness of your thoughts, feelings, bodily sensations, and surroundings, can

help you be more mentally, emotionally and physically present, and more fully enjoy those things and people that matter most. Consider these seven tips for increasing mindfulness in your relationship with your significant other.

1. Practice personal mindfulness.

Practicing personal mindfulness can help create a stronger relationship with your sweetheart. Quieting the excess chatter in your mind will help to steady your emotions and lower your physical and mental stress levels, potentially making you less reactive to your partner's actions or words. It can also help you to focus on the small, everyday moments with your loved one, such as being fully present when you hug or kiss.

2. Prioritize time with your spouse.

In order for us to connect and be mindful of our partner, we need to have time together. Make your spouse a priority and give him or her your undivided attention, even if it is for 10 minutes every day to check in with them about their day. No TV. No phones. No books. Just each other.

3. Continually learn about each other.

Take time to ask open-ended questions so you can know about what is really going on in their world. The more mindful you are of each other's hopes, dreams and challenges, the more of a support you can be to each other.

4. Show affection.

Let your partner know that you are mindful of them by showing your love daily through affection. Hold hands, give a lingering full-body hug or a five-second kiss.

5. Play together.

Have fun together and try new things. Show that you are mindful of your partner by trying things that he/she enjoys doing.

6. Express appreciation and compliments.

Show your partner that you are aware of him or her by sharing genuine compliments and words of appreciation daily.

7. Service.

Show your partner that you are mindful of him or her by helping ease their load through small acts of service. Even little things like getting up with the kids, making dinner, or doing a chore you normally don't do can make a huge difference.



Naomi Brower is an Extension Associate Professor in Weber County specializing in helping others improve the quality of their lives through creating and strengthening their relationships. She earned her master's degree in Family and Human Development from Utah State University and she is a Certified Family Life Educator. She enjoys hiking, traveling (especially anywhere green) and playing with her husband and adorable little boy.

Contact Naomi at naomi.brower@usu.edu or check out videos and other content at relationships.usu.edu.

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