

# Be Well Aware – Health Article



## Relationship Renewal

### Relationship Renewal with Loved Ones

Everyone has the desire to feel accepted and loved. Supporting healthy relationships can be as easy as taking an extra five minutes out of your day to connect with someone.

### Social Support within a Community

The quality of one's life has a direct correlation with their social well-being. According to the CDC, studies have demonstrated an association between increased levels of social support and reduced risk for physical disease, mental illness, and mortality.

### Tips on How to Spend Meaningful Quality Time with an Individual

- **Start working out together.**  
Try out that new kickboxing class you've always wanted to do or go on a nice day hike outside of the city. Dance classes or recreational sports, like pickle ball are also great options.
- **Schedule a weekly meaningful dinner date.**  
A nice home cooked meal could mean so much to a friend or partner. If feasible, make plans to dine out at one of their favorite places for dinner.

- **Watch a movie together.**

Check out your moving streaming apps for some interesting new shows or movie releases. You could also consider a local drive-in movie theater. They DO still exist and some cities and towns are revitalizing old drive-ins as a fun, nostalgic family or date night outing.

- **Disconnect from your phone.**

Use this time for meaningful conversations (see next page). Start engaging by asking questions on topics that they would find interesting.

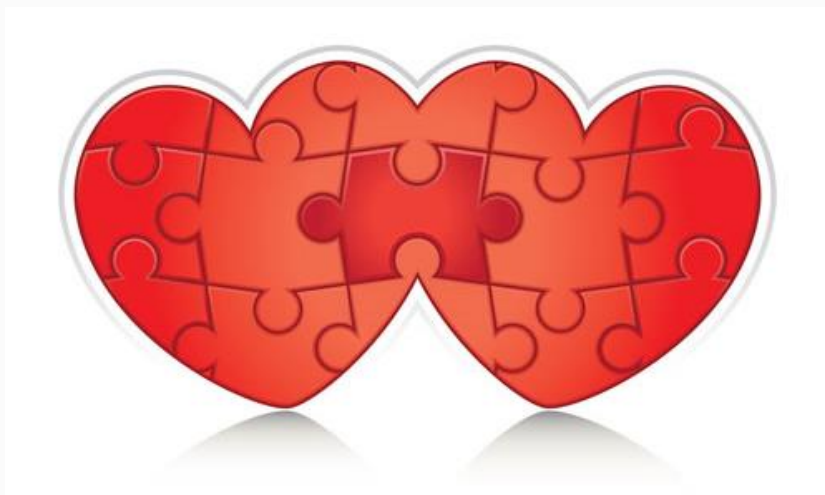
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## Topics to Start Meaningful Communication

We all tend to get bogged down with our own day-to-day stuff. Coming home at the end of a long day, our brain tends to circulate thoughts of what did or didn't happen, what still needs to get done, etc. This, combined with checking email and social accounts on our phones and devices makes it difficult to be present in the moment with our loved ones. A simple but impactful way to re-connect is to put those streaming thoughts on pause and make a mindful effort to start meaningful conversation. Here are a few conversation starters. Try them while taking a walk with your significant other, spouse or family member.

- Working on anything exciting lately?
- What was the high-point and low-point of your day so far?
- Keeping up with any sports/tv shows/politics recently?
- What's your favorite thing to do on the weekends?
- When you were growing up, what was your dream job? Is any part of that still true?
- Where's your favorite place to travel? What's the next place on your list to visit?
- What has been the best thing about where you work?
- Is there a charitable cause you support?



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### References:

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