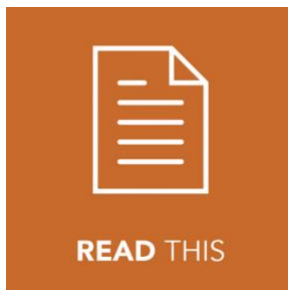




Newsletter August 2023

Pick 1-2 things below. Do them with your spouse. Have fun. Repeat.



READ THIS

Blog Post: Smoldering Stress: Balancing Your Marriage and Raising Kids

Everything becomes more dangerous as it becomes faster. But slowing down just might be more doable and rewarding than you think.

Link: <https://marriedpeople.org/smoldering-stress-balancing-your-marriage-and-raising-kids/>

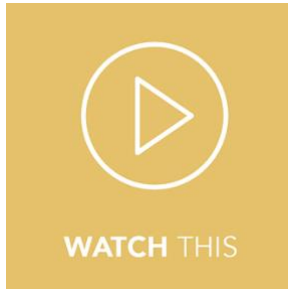


LISTEN TO THIS

Podcast: How Can We Make Our Anniversary Matter?

There's always some pressure when it comes to our anniversary regarding how much to spend, expectations, etc. What do we do with them? How do we make the most of them? How do we make them matter?

Link: <https://marriedpeople.org/mp-085/>



WATCH THIS

Video: It's Her!

This one is a bit of tear-jerker, but it's worth it.

Link:

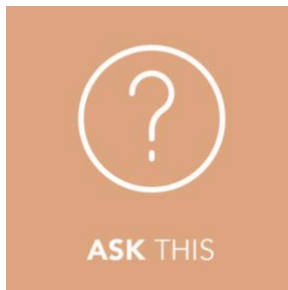
<https://twitter.com/people/status/1392150002936422400?s=20>



TEXT THIS

Fill in the blank below and text it to your spouse. Or write it on a sticky note and leave it somewhere for them to find.

Text: I'm kind of in love with your _____ today.



ASK THIS

Ask your spouse this question next time you have a moment to start a conversation.

Conversation Starter: Ask your spouse, "What would make this weekend a #10 for you?"



DO THIS

Marriage in Action: Picture It

Get out a picture of the two of you that brings up great memories, then talk about it.