



News you can use...from your EAP

Romance can last in long-term relationships

Contrary to widely held beliefs, romance does not have to fizzle out in long-term relationships, according to a recently published study in the journal, *Review of General Psychology*. The researchers studied 6,070 individuals in short- and long-term relationships and concluded that romantic love can last a lifetime and lead to happier, healthier relationships.

6 Things Happy Couples Do

How do happy couples keep their romantic feelings alive? Like most good things in life, it requires desire and effort. The following tips can help you and your partner work together to maintain or rekindle your romantic edge:

- 1. Communicate.** Communication is key to staying connected. It is important that you and your partner communicate your thoughts, plans, ideas and opinions on a consistent basis. Equally important is communicating your feelings – the joys, sorrows or frustrations we all experience.
- 2. Fight fair.** Conflicts and disagreements are inevitable. Learn how to solve problems without attacking, blaming or put-downs. It's hard to maintain romantic feelings if you are constantly cutting each other down. Happy couples know how to focus on the issue at hand, rather than throwing destructive, verbal punches.
- 3. Spend time together.** With work, children and other responsibilities, it's easy for your relationship to get pushed aside. Taking the initiative to schedule time for just you and your spouse is an important way to keep intimacy alive and well. Find shared activities you both enjoy.
- 4. Do nice things for each other.** In successful relationships, both partners find small ways to make loving gestures on a regular basis.
- 5. Share affection.** Giving affection through hugs, kisses, holding hands or touching – several meaningful touches a day - helps you maintain physical and emotional closeness.
- 6. Don't let your sex life slide.** Couples with satisfying sex lives have no problem keeping romantic feelings alive. For various reasons, couples often put off sex for long periods of time. Rather than waiting for the mood to strike you, decide to do it and see what happens. Chances are that you will start to feel turned on.

Your EAP is here to help

Remember, your Employee Assistance Program (EAP) is always available to help you or your dependents with most-any personal, family or work-related concern. To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: www.eapconsultants.com