

Solutions

Health and Wellness Information from
Family Services Employee Assistance Programs (FSEAP)

February 2014
Newsletter



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Rekindling Relationships

Remember the excitement of falling in love? Conversations were easy and time seemed endless. However, as we grow and change, our relationships change too. It is easy to get caught up in work, caring for children, and paying the bills. In today's busy world, it is all too easy not to take time for each other - time to remind you and your partner, why you embarked on this journey together in the first place.

A study in Psychology Today found the root cause of most divorces is not conflict or a cheating partner but when people stop feeling loved, showing affection to one another and being emotionally connected. To rekindle your relationship, consider the following:

Listen to your Partner

Feeling unloved or unappreciated is a signal that couples are not paying attention to one another's needs. How do you communicate with one another? Do you really listen to what your partner is saying? Are you able to talk openly about your emotions, fears and hopes?

The most successful relationships are those based on friendship in which your best active listening skills are used. Ask your partner questions in order to understand him/her. Find out what is important to your partner and share your thoughts and feelings openly and honestly. Effective communication skills are essential in a good relationship.

Make daily connections

Despite the demands of friends, family and work obligations, there are many small ways to reconnect and remind one another just how much they are loved & appreciated. It is often the little things that mean the most; sometimes it means creating space for each other in between daily activities.

For example:

- Lend a hand with household chores.
- Schedule regular date nights.
- Talk in the car on the way to and from work or take the sky train together.
- Take the kids to the park and while they are playing, catch up with each other.
- Carve out time to talk first thing on a weekend morning before the day's activities begin.
- Stay Independent

While you may not have the same amount of time as before to participate in individual activities or hobbies, it is important to make time for the things in life you enjoy. Relationships are healthier when each person has a broader perspective on life.

If you and your partner are struggling to reconnect or rekindle your passion for each other, why not seek help? See the reading resources listed on page 2, or call us for information on marriage counselling.

** Original article written by Jennifer McCarthy, Family Service Canada Consultant.*

fseap Now we're
talking.

WHAT THE EAP CAN DO. Whether it is to help you become unstuck, use your voice, be more authentic, or free yourself from challenging or unhealthy relationship templates, counselling can help you in your quest to achieve healthier, more fulfilling relationships. You don't have to do it alone. Call your EAP today. The EFAP can help you find the answers you seek.

Happy & Single

Being single in the Month of February can be a challenge. Not because there's anything wrong with being single, but rather our society is filled with expectations and idealized images of marriage and relationships. So when Valentine's Day rolls around, and spring Wedding Shows are being advertised, those who are single can feel out of place and imagine that people secretly feel sorry for them.

Being single is good. Being married or in a committed relationship is good too, but being single has its own freedoms and advantages. Potential advantages include: having additional time for yourself and your interests; time to be alone with time to reflect; a natural drive to get out and socialize with a wide range of friends at a variety of activities; time and energy to focus on a career or education; and more time for fitness, sports and other physical activities. Even if we have previously been married or have children to care for, being single may be our preferred status for the time being, as we take time to organize our lives, focus on life's day-to-day demands, and re-establish what is important to us and what we want for the future.

Along with the advantages, however, there may be times when being single feels lonely or out-of-synch with people around us. There will be days and times when the desire to have a spouse, partner or life-companion will be strong - perhaps caused by the desire to have someone to share our experiences with, or as simple as having someone to attend couple-oriented events like a friend's wedding. Either way, single people can still have intimacy and support if they're willing to reach out to the friends and family they have around them.

Ultimately, no one else can make us happy (this is a major misconception of marriage that causes great strain in relationships!). Happiness comes from how we feel about ourselves, our level of gratitude for what we have in our lives, a sense of belonging and community, and healthy, realistic expectations and goals that keep us engaged with life and contributing to the world around us. Life can be good whether you have a partner/spouse or are single - it's all what you make of it for yourself.

If you are looking to make the most of your single life and to build a life of contentment, consider accessing your EFAP's Work-Life services which include Personal Coaching and Career Counselling to help you identify your strengths and goals, or alternately, access personal counselling to build your 'single-esteem' and a healthy sense of self.



Resources:

For Couples:

- Book: *The Seven Principles for Making Marriage Work* and *The Relationship Cure* by John Gottman
- Book: *Making Marriage Simple: Ten Truths for Changing the Relationship You Have into the One You Want* by Harville Hendrix & Helen LaKelly Hunt
- Article: *10 Secrets of a Successful Marriage* @ <http://www.canadianliving.com> (use search feature)

For Singles:

- Book: *The Five Love Languages: Singles Edition* by Gary Chapman
- Book: *Single Is Not A Curse* by Tony A Gaskins Jr.
- Article: *The Art of Being Happily Single* @ <http://tinybuddha.com/blog/the-art-of-being-happily-single>

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With over 20 years clinical experience Jung brings a broad range expertise to her work as an EAP Counsellor. She holds certifications in many therapeutic modalities, is a Registered Clinical Counsellor, and a Registered Marriage and Family Therapist.

How your EFAP can help

WHAT THE EFAP CAN DO. If you are experiencing relationship issues with your partner/spouse or with yourself, your EFAP is just a call away. We can connect you with supports and services that can make a difference in how you feel and manage the challenges life and relationships bring.

To access EFAP services,

just call

1.800.667.0993 | TTY 1.888.234.0414

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