

How to have a good relationship with your spouse even though you are busy



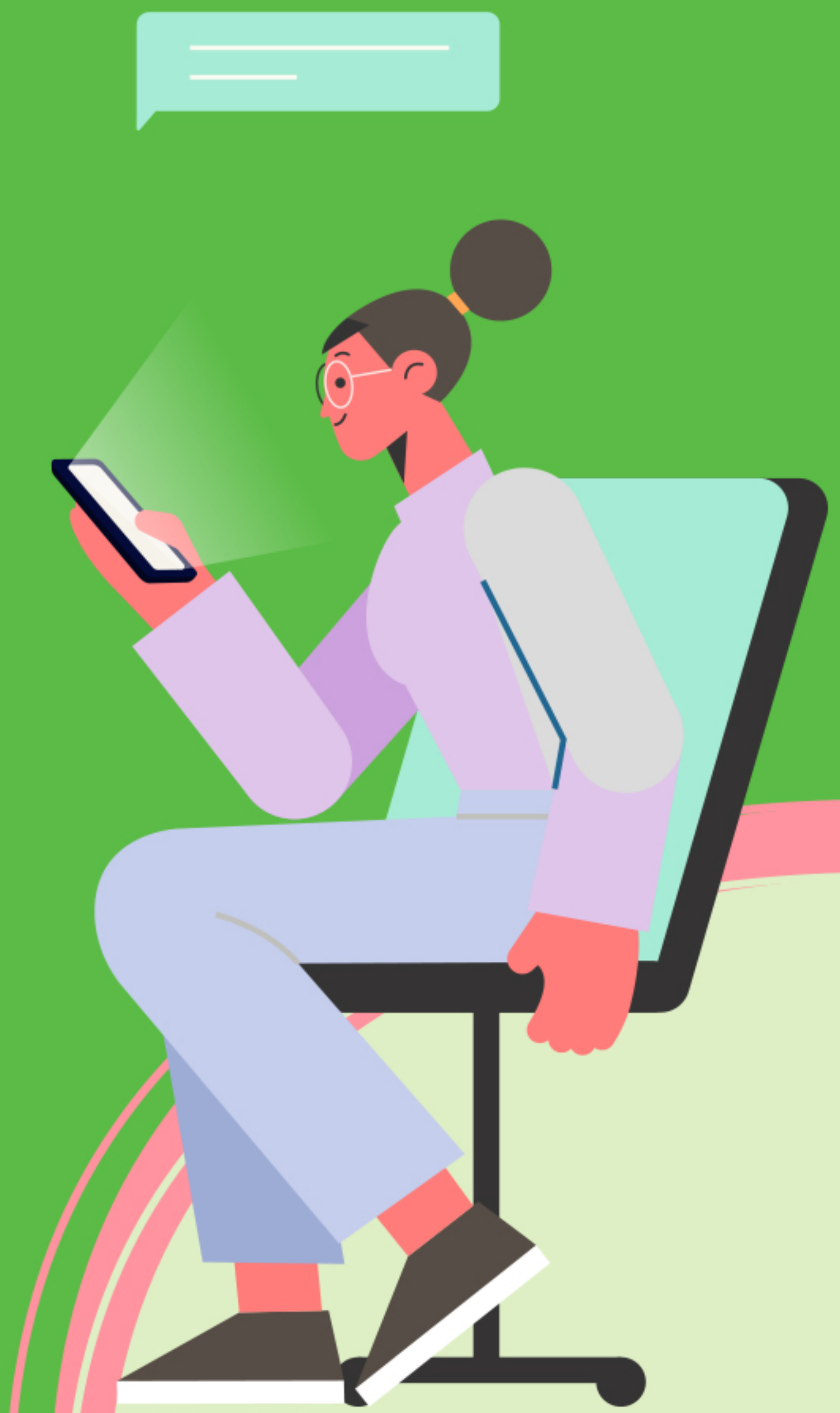
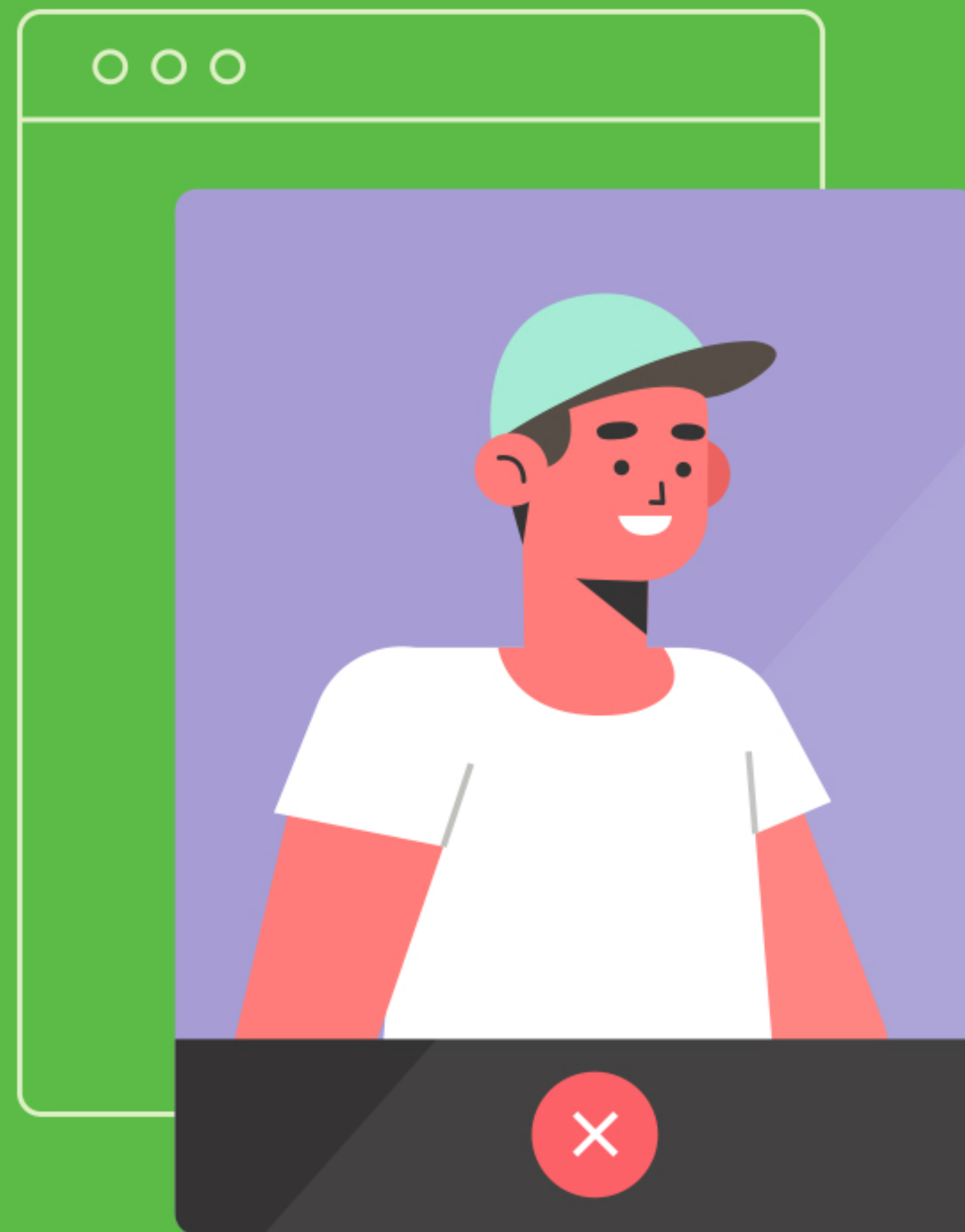
Plan mini dates

If you cannot spend hours together, make time for mini dates. Grab a cup of coffee before work or step out for a burger or just go for a short stroll at least once a week.



Use technology

Can't meet in person? Do a video call to chat. Also send text messages to show you care.



Attend a social event

Make it a point to attend social gatherings together. It will help you reconnect with loved ones and also give you a reason to step out together.



Cook meals together

Try out a new dish or cook a full meal. It will help you bond better while you make some fun new memories.



Take a mini vacation

Plan a weekend getaway and make sure you stay off your laptop. While a few days might be ideal a staycation can work wonders too.



Choose quality over quantity

Make every little time spent together count by being present in the moment. Listen and pay attention and make it a point to have heart-to-heart conversations.



Team up

Choose to do as many things together as possible. Join a gym, learn a new skill, or simply go grocery shopping together.



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