



# **Ways to Strengthen Your Relationship While Caregiving**

**Faith Inclusion Network  
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# Ways to Strengthen Your Relationship

Dear Couple,

As you work to build your marriage, using these tools can help by:

- Fostering forgiveness and trust
- Increasing your marital satisfaction and closeness
- Reducing stress levels and improving your mood
- Helping you find joy together

1. Hang one of these sheets on your bathroom mirror and another on the fridge.
2. Pick just one of the exercises to try this week (it can be different from the one your spouse chooses).
3. Practice these exercises during lower times of stress so you will be better able to use these tools during more stressful moments.

Please email us at:

[ToddandKristin@DisabilityParenting.com](mailto:ToddandKristin@DisabilityParenting.com) and let us know how it's going! Blessings on your marriage and family,

Todd & Kristin Evans  
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# Ways to Strengthen Your Relationship

## Validating Statements

“Anxiety weighs down the heart, but a kind word cheers it up” (Proverbs 12:25, NIV).

Practice fully concentrating on and repeating what your spouse is saying. These are two phrases that can help:

1. “I hear you saying that \_\_\_\_\_.”
2. “It sounds like you’re feeling \_\_\_\_\_.”

Try one of these statements as well:

1. “That sounds like it was really hard.”
2. “It makes total sense that you’re feeling this way.”
3. “You’re doing a great job.”
4. “I’m sorry that you’re going through this.”
5. “How can I pray for you?” or “Can I pray for you right now?”
6. “Sounds like you could use a break. I’ll do that.”
7. “Thank you for all that you do for me.”

# Ways to Strengthen Your Relationship

## Manage Stress Together

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help” (Ecclesiastes 4:9-10, NLT).

- Take three slow, deep cleansing breaths together. Breathe in through your nose and out through your mouth like you’re blowing bubbles. Do this 3x.
- Hug silently for 30 seconds taking slow deep breaths. Notice your partner’s breathing.
- Find a favorite treat and go somewhere private—even your closet. Spend a couple of minutes slowly eating your treat and enjoying each and every bite together.
- Engage in sexual intimacy
- Go for a walk or do another physical activity together
- Laugh together-watch a funny show or movie

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## Express Gratitude

“So encourage each other and build each other up, just as you are already doing” (1 Thessalonians 5:11, NLT).

1. Get a stack of note cards or sticky notes
2. Write a brief note to your spouse for something you're thankful for. It can be small and simple: a characteristic or something specific that they've said or done recently.
3. Start out slow just one time a week. Then try to leave your spouse a note at least a couple of times each week.
4. You can also send a text message, tell them in person looking in their eyes, tape a page to the mirror or fridge that you both can add to, or write on the steamy bathroom mirror.