



Taking on Technology

Most of you reading this blog do not know the world without social media. Like most things in life, technology has its advantages and disadvantages. Finding the balance is an important factor in a healthy relationship. How handy are cell phones when you are trying to meet up with a friend? Invaluable! How annoying are cell phones when wanting to escape from home or the office? Frustrating! Determining the degree to which you will allow technology to invade your life will prove critical to your marriage. Will you control IT or with IT control you? Pun intended!

You likely have little choice in the role technology plays in your work setting. It is easy to forget that, when you leave work, technology does not have to be a constant companion. Do you have a hard time turning off your phone? When the buzz goes off, are you compelled to take the call, check that text or email? Taking control of technology is one healthy habit that is a sure-fire way to cement a strong foundation for your communication and emotional connection.

Adopting the simple practice of closing electronics when you arrive home provides the time to greet your spouse without interruption and find out about the highs and lows of each other's day. The research from the Search Institute in Minneapolis finds that a tech-free dinnertime builds stronger relationships. Eating dinner together without interruption allows for conversation and is an example of a healthy habit that promotes connection. This ritual reflects the priority you place on your spouse and your marriage.

This week's exercise: At the end of your workday, shut down your cell phone. Greet your spouse with a gentle hug or peck on the cheek. Help get dinner ready. Then sit down for a relaxing time and enjoy your meal together, finding out about each other's day. And remember, the news can be muted or recorded to watch later. A great use of technology that puts you in control. Enjoy your evening!