Wellness

Wednesday



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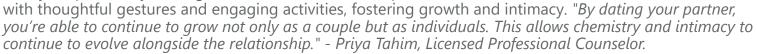
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Relationship Rules Actually Worth Following—According To Therapists

When it comes to relationships, everyone seems to have an opinion. From friends and family to self-help books and online articles, there's no shortage of advice on how to navigate the complexities of romantic partnerships. But how do you know which relationship rules are actually worth following? To shed some light on this question, we reached out to therapists who specialize in couples' issues. These experts have a deep understanding of the dynamics that make or break a relationship and have identified some key guidelines that tend to be widely beneficial. Whether you're in a new romance or a long-term commitment, these relationship rules can help strengthen your bond and promote a healthy partnership.



To maintain a healthy relationship, therapists advise continuing to date your partner by making efforts to connect and surprise them





In the age of social media, it's easy to fall into the trap of comparing your relationship to others. However, constantly measuring your partnership against others can be detrimental to your happiness and well-being. Each relationship is unique, and what works for one couple may not work for another. Instead of trying to mimic someone else's relationship, focus on creating a blueprint that works best for you and your partner. Make your own rules and embrace the individuality of your partnership. "You get to make your own rules with a partner and be free from the social constraints of how other relationships function. Make rules that support your relationship and normalize that your rules make your relationship work." - Shannon Chavez, Psychologist and Sex Therapist.

3. Address the uncomfortable stuff

Avoiding difficult conversations in relationships can lead to long-term issues. Therapists stress the importance of addressing uncomfortable topics directly to prevent resentment. Start with smaller conversations to practice open communication for better conflict resolution in the future. "Make it a rule in your relationship that you both won't avoid the uncomfortable stuff. And then start practicing this rule on some smaller stuff so you're ready when you need to do it on something big." - Kurt Smith, Therapist.

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4. Express gratitude daily

Gratitude is a powerful tool for nurturing a healthy relationship. Take the time to acknowledge and appreciate the ways in which your partner enriches your life, whether it's through their support during difficult times or their small acts of kindness. Make expressing gratitude a daily practice, as it can shift your focus from complaints to appreciation. By building a habit of gratitude, you foster a positive atmosphere in your relationship and create space for growth and appreciation. "Expressing gratitude is a way to show love and support for one another. It also breaks the habit of complaining or expressing negative beliefs about one another, which can hinder growth and appreciation for one another." - Shannon Chavez.

5. Be transparent with your partner

Honesty and transparency are fundamental pillars of a strong partnership. It is crucial to be open about your needs, desires, and emotions. By doing so, you build trust and intimacy with your partner. When you're transparent, you are emotionally in tune with each other, allowing for a deeper connection. Embrace both the positive and negative experiences within your relationship, as it is often during challenging times that couples grow closer together. "Being transparent allows you to connect with your partner authentically." - Priya Tahim.

6. Continuously build trust

Trust is the foundation of any successful relationship. It's something that should be nurtured and reinforced continuously. Small actions and behaviors can either build trust or erode it. Reflect on your actions within the relationship and identify areas where you can foster trust. Address any unintentional behaviors that might create doubt or insecurity in your partner. By maintaining open communication and trust, you strengthen the bond between you and your partner. "Have a conversation with your partner about this topic and identify some areas where you each could do better maintaining trust." - Kurt Smith.

7. Love alone isn't enough

While love is undoubtedly an essential component of a relationship, it is not the only factor that guarantees a successful partnership. Therapists emphasize the importance of intentional choices and personal growth within a relationship. Take the time to understand why you are with your partner and what values and qualities they bring to your life. When conflicts arise, it's crucial to remember the deeper meaning and purpose behind your commitment. Love, combined with shared values and personal growth, creates a strong foundation for a healthy relationship. "Take time to really define why you are with this person. When you find yourself in a relationship conflict, you likely aren't feeling a whole lot of love toward your partner, and being able to lean on why you're with this person is an essential support to be motivated to work through the conflict." - Dani Marrufo, Marriage and Family Therapist.

Building a strong and healthy relationship requires effort, communication, and a willingness to grow together. While every partnership is unique, these relationship rules backed by therapists can serve as a guide to navigate the complexities of romantic relationships. By keeping the spark alive, avoiding comparison, addressing uncomfortable topics, expressing gratitude, being transparent, continuously building trust, and embracing personal growth, you can create a strong and fulfilling partnership.

Remember, the key to a successful relationship lies in nurturing and prioritizing your connection with your partner. Invest in your relationship, and it will flourish.

"Relationships are like gardens. They require nurturing, attention, and care to thrive." - Unknown

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INGREDIENTS

Equipment

9×4 loaf pan

Dry ingredients:

- 1/2 cup oat flour
- 1/2 cup cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt

Wet ingredients:

- 3 medium extra-ripe mashed bananas,
 1 1/2 cups mashed well
- 2 large eggs
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla extract
- 3/4 cup sugar-free semi-sweet chocolate chips

Are you a fan of both chocolate and banana bread? If so, you're in for a treat! In this article, we'll be exploring a mouthwatering recipe for Chocolate Oat Flour Banana Bread. This delightful bread is not only moist and tender, but it's also loaded with chocolatey goodness. The best part? It's a healthy option, thanks to the use of oat flour. Whether you're gluten-free or simply looking for a nutritious twist on a classic favorite, this recipe is sure to satisfy your cravings.

A PERFECT WAY TO USE OVERRIPE BANANAS

Have you ever found yourself with a bunch of overripe bananas sitting on your counter? Instead of letting them go to waste, this recipe offers the perfect solution. Chocolate Oat Flour Banana Bread is an excellent way to use up those extra-ripe bananas and transform them into a delicious treat. The natural sweetness of the bananas adds a delightful flavor to the bread and ensures that no fruit goes to waste.

GLUTEN-FREE AND NUTRITIOUS

This recipe offers a gluten-free alternative to traditional banana bread by using oat flour, which is rich in fiber, protein, and essential nutrients, making it a nutritious choice for individuals with gluten sensitivities or following a gluten-free diet.

Nutrition Information

Serving: 1 slice, Calories: 190 kcal, Carbohydrates: 34.5 g, Protein: 5.5 g, Fat: 7 g, Saturated Fat: 3.5 g, Cholesterol: 34.5 mg, Sodium: 179.5 mg, Fiber: 9.5 g, Sugar: 11.5 g

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How to Make It

STEP 1: PREHEAT AND PREPARE

Preheat your oven to 350°F (175°C) and grease a 9x4 loaf pan. To make it easier to remove the bread from the pan later, you can also line it with a piece of parchment paper.

STEP 2: MIX THE DRY INGREDIENTS

In a medium bowl, whisk together the dry ingredients: oat flour, cocoa powder, baking powder, baking soda, and salt. Ensure that all the ingredients are well combined.

STEP 3: MASH THE BANANAS AND ADD THE WET INGREDIENTS

In a large bowl, mash the bananas until they are well blended and liquidy. Add the eggs, maple syrup, and vanilla extract to the mashed bananas and mix until all the wet ingredients are thoroughly combined.

STEP 4: COMBINE THE DRY AND WET INGREDIENTS

Add the dry ingredients to the bowl of wet ingredients and stir until just combined. Be careful not to overmix the batter, as this can result in a dense and tough bread. Stir in half a cup of chocolate chips, reserving the remaining chips for later.

STEP 5: BAKE AND COOL

Pour the batter into the prepared loaf pan, spreading it evenly. Sprinkle the remaining chocolate chips on top of the batter. Bake the bread in the preheated oven for 45 to 55 minutes, or until a toothpick inserted into the center comes out clean. Once baked, remove the pan from the oven and let the bread cool in the pan for 15 minutes before transferring it to a wire rack to cool completely.

STEP 6: ENJOY!

Once the Chocolate Oat Flour Banana Bread has cooled, it's time to savor the fruits of your labor. Slice the bread and enjoy it as a delicious breakfast, snack, or dessert.

FEATURED EXERCISE

https://www.self.com/gallery/back-and-biceps-workout-with-dumbbells

Featured Exercise Quadruped Single Arm Rear Delt



HOW TO DO IT:

- 1. On a mat, start in an all-fours position with your knees underneath your hips and palms underneath your shoulders. Hold a light dumbbell in your right hand.
- 2. Raise your right arm to the side, feeling the work in the back of your shoulder. Brace your core, keep your back straight, and try not to twist to the side.
- 3. Lower your dumbbell back to the ground. This is 1 rep.
- 4. Do 10–12 reps, then switch sides and repeat.

BENEFITS:

To address poor posture and strengthen the muscles responsible for maintaining proper alignment, it's essential to target the posterior delts. These muscles, often underdeveloped compared to the anterior delts, play a significant role in supporting your shoulders and upper back. By incorporating targeted exercises that engage the rear delts, you can improve your posture and reduce the risk of discomfort and injury.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.





