

# Living Well Tip of the Week

Couples that have a strong marital friendship have shown to be more able to weather their transition to parenthood.

*American Psychological Association*

## **Three-part Prescription for Strengthening the Marital Bond:**

- ❖ Build fondness & affection for your partner
- ❖ Be aware of what is going on in your partner's life & be responsive to it
- ❖ Approach problems as something you & your partner have control of & something you can solve together as a couple

**Employee Assistance Program licensed counselors can help you identify and resolve problems involving:**

- Relationships
- Marital issues
- Family problems
- Any other problems affecting you or your family members
- Life changes
- Stress & emotional distress
- Alcohol or drug abuse



The UT Employee Assistance Program (EAP), a benefit of your University of Texas employment, provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. For assistance, go to <http://www.livingwell.utsystem.edu/eap.htm>

*\*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*