



## QUICK TIPS

# mental health check-up for couples

### connections



Do you and your partner have connections outside of your relationship? How connected are you and your partner?

### support



Do you feel you have a strong support system for your relationship? Are there people or professionals you can turn to when you need a little extra help?

### mood



How are your moods? Do you find yourself snapping at each other? When you have disagreements, are they calm or do they get heated? Could you use some help with handling conflict in a healthier way?

### sleep



Keep your bedroom a place for connection and rest. Keep screens out of the bedroom to help foster more connection and better sleep.

### nutrition



Are you both taking good care of your nutrition? How often are you sitting down and enjoying a meal together? The time spent eating and cooking together can be a great time to reconnect and decompress together.

### exercise



Movement can be a great way to ease relationship tension and also to further connect with each other. Going for a walk after dinner, or exercising together can help deepen your bond with each other.

### mindset



When challenges in your relationship arise, how do you handle it? Do you approach it with a positive or negative mindset? All couples face challenges, but how you approach the hard times and work through them together is what matters.