

Liv

# De ting, lykkelige par altid gør, når de kommer hjem fra arbejde

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Af Carolyn Steber

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SO = special one, dit  
hjertes udkårne :-)

De daglige rutiner, du skaber med din SO, kan gøre hele forskellen, når det kommer til at have et lykkeligere forhold, og derfor bør du være opmærksom på, hvordan du slutter dagen af med din partner. Hvis I to tilbringer hele arbejdsdagen adskilt, og derefter ikke tager tid til at røre ved base om aftenen, bliver I ikke så glade, som I kunne være.

De øjeblikke, hvor du først ankommer hjem, er så afgørende, når det kommer til at genoprette forbindelsen, da de giver dig tid til at tjekke ind, lufte ud og få lidt støtte. "I tilbringer størstedelen af jeres dag adskilt fra hinanden, mens I er på arbejde, så de aftentimer sammen er værdifulde minutter til at styrke jeres bånd fysisk og følelsesmæssigt," fortæller Samantha Burns, autoriseret mental

sundhedsrådgiver og relationscoach, til Bustle.

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De ting, du gør, når du først kommer hjem, er, hvad Burns kalder "landingsritualer." Ligesom "lanceringsritualer" - de ting, I to gør om morgenen for at forbinde, som at drikke kaffe sammen, før de går på arbejde - er landingsritualer en fantastisk måde at bringe det hele ind og forbinde efter en lang dag. Burns fortæller mig, at disse øjeblikke er fulde af muligheder for at blive så meget tættere som et par . Læs videre for et par gode eksempler, der er almindelige blandt de lykkeligste par.

## 1. De hilser på hinanden med et kram



**Bustle** Bliv ikke til vane med at ignorere dine SO eller børste forbi dem på din vej gennem hoveddøren. "Søg efter at hilse din partner med et kram, der varer mere end seks sekunder," siger Burns. "At kramme i denne mængde tid eller mere frigiver oxytocin, som har vist sig ikke kun at få dig til at føle dig mere knyttet til din partner, men det kan også sænke dit blodtryk og de skadelige virkninger af stress og depression." Andre former for fysisk berøring - som at kysse, ske med ske eller holde i hånd - fungerer lige så godt.

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## 2. De sætter tid af til hinanden



Even though they're tired, happy couples always set aside time to chill with each other after a long day. "These couples create time in their busy schedule to connect and chat, whether it's over a shared meal or a stroll hand in hand around the neighborhood," Burns says. Sounds totally doable, right?

## 3. They Ask Questions And Then Truly Listen





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Sure, you both may want to vent about your day, and that's fine. But make sure you're actually listening to each other, too. "It's wonderful to have the support of a partner who can really listen, validate your emotional experiences, and offer advice when needed," Burns says. And I completely agree.

#### 4. They Ask How The Other Feels





Another thing happy couples do? They ask how the other felt during their day, and not just what they *did*. "When they ask, 'How was your day?' they don't just want to know the logistics or what happened at your meeting with your boss, but how you're *feeling* about everything," Burns says. This level of detail makes a huge difference in showing your partner that you care.

## 5. They Work Out Together



Whether it's a post-work walk, or a trip to the gym, many happy couples make the time to exercise together. "Studies show that regular physical activity can make you happier," relationship expert and certified counselor David Bennett tells Bustle. "Instead of coming home from work, plopping down in front of the TV, and zoning out, happy couples get active together."

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## 6. They Don't Reach For Their Phone Or Laptop



I know, it's *so* tempting to relax by scrolling through the internet after work. But do try to spend a few phone-free hours with your partner. "Many couples are so distracted with technology and social media, that spending non-distracted time together is rare," Bennett says. "Enjoying dinner, drinks, or even taking a walk outside with phones turned off (or at least on silent mode without being checked) can make a huge difference in increasing happiness as a couple."

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## 7. They Make Time For A Spiritual Practice



It may sound strange at first, but one of the best ways to connect as a couple is by doing a little meditation. "Studies consistently show spirituality and religious practices make people happier and less stressed," says Bennett. "Whatever your religious views (even if you have none), just spending a few minutes quietly meditating with your partner may help you both relieve some of the day's stress and re-center yourselves in a positive way for the evening."

## 8. They Keep Things Positive





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While it's OK to vent about your boss or your awful commute, try to keep it short. "Many people come home from work exhausted, cranky, and hungry, and this leads to stress in relationships," Bennett says. "Focusing on connecting positively with your partner in the evening hours may relieve some of the negative factors related to post-work stress and exhaustion."

## 9. They Get Comfortable



One of the best ways to bond as a couple is by being your truest selves (read: getting into those sweatpants) and settling in for a cozy evening. "In many cases, this means changing out of [your] work clothes and getting into something more comfortable," spiritual counselor and psychic Davida Rappaport tells Bustle. "Shedding what you worked in allows you to let go of whatever was bothering you or the stress of the work day."

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### 10. They Plan Meals And Cook Together

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If you two get home at the same time each evening, it's definitely worth creating a little dinnertime routine. "Happy couples love to spend time together prepping and cooking for a meal," Rappaport says. "They can make it a romantic meal or just enjoy being in the same space. There is something special about eating a meal that is cooked with love."

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### 11. They Spend Some Time Apart



Happy couples allow each other space to do their own thing, so feel free to spend time "ignoring" each other after work, too. "If couples like to read, they may choose to sit in the same room and read their books, glancing over at each other from time to time," says Rappaport. You may also want to spend some time catching up, before heading off to do your own things entirely.

All of these evening activities are incredibly healthy for your relationship, so go ahead and give a few a try.

*Images: Pexels (12)*

## Astrology

# The 3 Most Compatible Matches For Life Path 3s



LumiNola/E+/Getty Images

The creator needs someone who'll keep them going.

By Brittany Beringer

April 8, 2022



Your Co-star compatibility charts aren't the only way you can inconspicuously test the waters with someone. Numerology can be used to indicate how well you mesh with others by calculating your life path number. Just like your birth chart, your numerological chart gives you the scoop into your strengths, ambitions, and motivations, which are all important things when considering a sustainable relationship with someone. If you fall into the territory of creative and chatty life path 3, you're a creator at heart who's stimulated by intelligence and meaningful conversation — so you would thrive best in relationships with someone who's a mindful communicator and who can give you the independence needed to lead an artistic life.

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As a life path 3, you're more than just a social butterfly — you're the events organizer of the friend group. It's important to you that you can express yourself through words and stay mentally stimulated. You're an artist in many forms, so you need ample independence to chase your creative pursuits.

"You're the one spearheading the group chat, reading five different books at once, and always sharing funny jokes with anyone that will listen!" Erin River Sunday, consulting astrologer for Birthdate Co., tells Bustle. And your words have a major influence on others. "It's important for life path 3 people to figure out what it is they really want to say because when they speak, people listen," adds Sunday.

Between your talkative tendencies and love for crafts, you work best partnered with someone who knows that listening is just as important when you're communicating, but you also appreciate a person who can give you room to create.

Ready to uncover the most magnetic numerological matches? Keep reading for the life path numbers most compatible with life path 3 in numerology.

## Match #1: Life Path 1

Space is a fundamental need for the creative life path 3. Freedom to explore your ideas and get into a flow state is quintessential to your artsy side. Life path 1s are disciplined and focused on their own ambitions, so they'll make sure you get all the support you need to fulfill your goals.

"Life path 1 is compatible with life path 3 because they both like to do their own thing. They'll appreciate each other's striking presence, and enjoy standing out from any crowd as a pair," explains Sunday.

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## Match #2: Life Path 5

As a life path 3, you're all about staying inspired and living the dream, so partnering up with a life path 5 is a surefire way to have those main character moments you yearn for. That's because a life path 5 won't just mirror your artistic lifestyle, but their lust for adventure will inspire you to take creative risks and explore new heights.

According to Sunday, "Life path 5 is compatible with life path 3 because they're both creative and charming people. They might struggle with getting work done... but a lot of fun is ensured with these two."

### Match #3: Life Path 8

Life path 3'ere har en vision for deres fremtid, og det er vigtigt for dem, at de omgiver sig med en partner, der kan hjælpe med at realisere deres drømme. Livssti 8'ere passer godt sammen med 3'ere, fordi de er assertive og målorienterede. De kan minde 3'ere om at sætte farten ned og skabe en strategi for at opfylde alle deres mål.

Sunday siger, at denne parring faktisk er et match lavet i numerologisk himmel. "Livssti 8 er måske den mest kompatible med livssti 3, fordi disse mennesker ved, hvordan man jorder ideer til håndgribelig virkelighed. Livssti 3'ere og 8'ere vil nyde livlige samtaler sammen og have kraften til at transformere tanker til handling," forklarer hun.