

RECREATION ROUNDUP: HOW TO MAKE TIME AND MEMORIES TOGETHER THIS SUMMER

By Drs. Les and Leslie Parrott - Symbis Blog - June 8, 2022

Looking for ways to enjoy recreation and shared activities with your spouse this summer? We can help! Let's jump into it.

1. SEEK ADVENTURE TOGETHER

It's easy to make memories together when you're seeking adventure as a couple. What adventure looks like to you will vary from season to season. For example, newlyweds on a budget might enjoy a quick weekend getaway to a local tourist attraction or national park. Parents with babies or small children may frame adventure in terms of lowkey or family-friendly outings close to home.

Whether you're going on a long vacation or hanging around home, there are plenty of adventures to be had if you're ready to discover them. Try new things, make new friends, and buy experiences, not things.

2. PLAN UNFORGETTABLE SUMMERTIME DATES

Dating during the summertime brings with it all sorts of variety. There are so many activities you can enjoy when the weather is warm, both indoors and outdoors. With some research and planning, you can go on some incredible dates together. Leave your problems at home, don't talk about the kids, reminisce, have fun, and enjoy a little romance. You're in for some important bonding when you set time aside to date.

3. ENJOY DELICIOUS MEALS

Maybe you want to grill out at home or while camping. You might share dinner at a classy indoor-outdoor venue. Or you might take a picnic lunch to your favorite park. Whatever works for the two of you, taking time out of your schedule to enjoy delicious meals together is a great way to make time and memories together this summer.

4. FOCUS ON JOY

Staying focused on the joy that recreational activities bring can help you and your spouse decide what adventures to pursue this summer. What makes you both happy? Are there activities or outings you can embark on that spark joy? How can you share that joy together?

Renewing joy in your marriage on a regular basis can help you stay connected and keep the intimacy alive. It keeps negativity at bay and encourages closeness.

5. SHARE ACTIVITIES, BOTH NEW AND RELIABLE

Revisiting some of your favorite recreational activities can help you both feel nostalgic and grounded. It's nice to have go-to, reliable destinations you can revisit again and again. By the same token, try something new. You never know what new or unique shared activities you might end up enjoying together. Even better, spending this time together can boost your intimacy.

What are your plans to get closer this summer? Share your ideas on our Connection Cards.