



It pays to invest your time...

Did you know that relationships are like a bank account where the balance fluctuates with the time invested? When the account has a 'cash reserve', communication is good, conflicts are managed early, each person feels loved and their needs are met. Individuals in relationships with good 'cash reserves' manage day-to-day stressors more easily and are in a much more secure position if crisis strikes, as it sometimes does.

Heading for relationship bankruptcy? Invest time now...

If you think of time as the currency of relationships, it makes sense that a relationship can become bankrupt if quality time together is not prioritised. Warning signs are feeling unappreciated and like you have nothing left to give. Typically, in families with younger children, women will feel, *"I have to do everything for everyone and no one even notices."* and men will feel, *"It doesn't matter how much I do, I can't make her/them happy."* Both parties feel they're doing too much and neither party feels like their efforts are noticed. Kids can feel this way too.

Regular investment leads to prosperous relationships

When relationships are prospering there is a sense of 'being in this together', even in the difficult times. Individuals feel valued and know that they matter because time is spent fostering those feelings. Despite the demands and distractions of life, people in thriving relationships put down the phone, turn off the computer and take time out from their other agendas to invest in each other. **They notice if the 'relationship bank balance' is getting low and they plan how they will make a deposit:** a message to say *"I'm thinking of you"*, a big hug when arriving home, a chat over a cuppa, an offer of help, a phone call just to say *"Hi"*, a date night or perhaps a holiday. Little deposits, made often, keep the balance healthy.

It doesn't require more money or 'stuff'

It appears that money has nothing to do with relationship prosperity; **it's about presence, not presents.** When you focus your full attention on another person, even for just a few moments, they understand, 'I matter' and you create a moment of connection.

Prospering financially requires careful planning and spending less than you earn. Rewarding relationships are built in much the same way; foresight, wise spending habits and regular investments...of time. **The difference between bankruptcy and prospering may simply come down to little moments of connection.** How will you invest in your important relationships this week? Make it a priority and thrive!

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Quality time together builds relationship 'cash reserves'
- ✓ Time spent with the ones you love is never wasted, it's invested
- ✓ Don't say "one day"...plan which day and do it!

"RESPECT those who talk to you in their free time, but LOVE those who free their time to talk to you."

Unknown

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women