



HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Teens

Tip Sheet #4: Making Time for Your Relationship

In today's society, finding time to spend with the person you care about can be especially difficult. There's so many demands on our time – from school, friends, family and other extracurricular activities you may be involved in. As a teenager, it can be hard managing all of these things, but it's important to dedicate the most time and energy to the most important areas of your life. We've included some tips below to help you manage your time most effectively.

- 1. Maintain balance in different areas of your life.** Being a teenager only comes around once in your lifetime and yes, relationships can be a big part of that experience as a teenager. At the same time, be careful not to spend ALL of your time with your partner in that you no longer spend time with other important people in your life or engage in other activities that make you happy. It's healthy for you to keep up with individual interests and activities outside of your partner as well so you maintain a healthy balance in your relationship. Sometimes, maintaining balance means saying “no” to things that are no longer important to you so that you can say “yes” to things that are.
- 2. Where does your time go?** Time really tends to fly when you're busy and having fun. For example, you may not realize that two hours a day spent scrolling through your social media adds up to 14 hours a week, which equals a full day's worth of waking hours! Only you can decide how you would like to spend your time, but it's important to first know how you are spending your time so you can align that time with the people and activities that are important to you.
- 3. Practice mindfulness.** It is possible to be with your partner, but to not *really* be with your partner. You could be sitting next to your partner, but your mind is focused somewhere else--such as on your smartphone or on the thoughts running through your head. Mindfulness is paying attention to the present moment. When you have time with your partner, make the most of it by intentionally focusing your senses and your thoughts on your partner.