

# School Is No Excuse For Neglecting The Love of Your Life

School is in, which means you probably think your social life is out of the picture. Dr. Julie Jurich, marriage and family therapist, says that you can't use school as an excuse for neglecting your relationships. Instead, she advises, take time to love your partner on Valentine's Day (and every other day!)

Valentine's Day is a holiday with a message: A reminder to love your partner and put more emphasis on your relationship. Hopefully, the right people will get this message - those who are in relationships and want to make the most of them.

Early on in one's career, during your 20s and 30s, men and women often feel pressured to immerse themselves totally in their career to be successful. But it's not just careers that take up your time. Many people go back to school for a second career opportunity. Sometimes their spouses would say they're married to school or their jobs.

The first step in making a change is to recognize there is more to life than just school or work. Typically, students juggle full-time work schedules with classes, and see their spouses only in passing.

Here are some tips for putting more emphasis on your love relationships:

- ÿ Maximize time you do have together, such as that half an hour before you go to work or class and the kids come home from school.
- ÿ The hour after the kids go to bed can be a time to talk and get caught up on the day's events.
- ÿ One woman felt very good about being able to sit with her husband at 10 p.m. as he ate his dinner and talk with him about the day's activities.
- ÿ When you have a date with your spouse, keep it. Prevent school or work responsibilities from getting in the way. Besides, it can be fun to look forward to play time with your spouse.
- ÿ Focus on the little things. Romance is much more than candy and flowers. Show your partner that you love them by doing the little things, like scraping off your partner's car windows on a cold winter morning.

***These tips were provided by Julie Jurich, Ph.D. Julie is a Licensed Marriage and Family Therapist and a Certified Sex Therapist with Associated Counseling Professionals in Omaha.***