

U.S. Softball Silver Medal Mom And Relationship Expert Tell Couples To Unplug To Keep Spark Alive

(NAPSA)—Many couples live in a “wired” world, juggling lengthy to-do lists, busy schedules, and the 24/7 demands of children while trying to manage it all through cell phones, e-mail and other electronic devices. Though the wired lifestyle allows people to stay connected, it is also the very thing disconnecting them from their spouse.

A new national survey of more than 300 couples revealed that, on an average day, men and women reach for their cell phones, electronic devices and TV remotes three times more than they do for a hug or kiss from their partner. Softball star Jennie Finch and acclaimed relationship expert Stacy Kaiser teamed up to discuss how couples can “unplug” and keep the romantic fires burning in a wired world.

Women on the Go in a “Wired” World

Jennie Finch, U.S. softball Silver Medalist and busy mom of a 2-year-old, understands the struggle for busy women in a world run by technology. “When I’m on the road with my team, I use texting, voice mails and video chats to keep me connected with my husband and son. They allow me to see and talk to them every day, which is important, especially when I’m halfway around the world,” Jennie said. “As much as I appreciate how technology has kept us together, I have to remind myself to turn them off when I finally have some time alone with my husband.”

Romance Relationship Resolutions

Stacy Kaiser offers simple tips for improving romantic spontaneity and intimacy in this wired world:

- **Unplug:** Make the bedroom a “no-electronics zone” an hour before bedtime, allowing you and



Disconnecting some of your electronic devices can be a great way to reconnect with your spouse.

your partner private time every night. Turn off cell phones and other electronics that can help create a more emotional space for romance.

- **Take a Staycation:** Taking an intimate weekend alone is the perfect way to reconnect. Take a “staycation” right in your backyard. Send the kids to a friend’s house for a sleepover, unplug the electronic devices and screen your calls.

- **Clear Your Head for Romance:** Take a walk around the block so that you can clear your mind from extraneous thoughts and concerns. Then, rejoin your partner with a clear head for romance.

- **Be Spontaneous:** Surprise your partner with spontaneous romance. Also consider a birth control method, like the intrauterine contraceptive Mirena, which is compatible with a busy lifestyle.

When it comes to romance, Jennie Finch and Stacy Kaiser agree that there are many creative things that couples can do to keep the romantic fires burning. To find out how you can improve the level of intimacy in your relationship despite your wired lifestyle, visit www.mirena-us.com and take a relationship quiz.



About Mirena®: Mirena® (levonorgestrel-releasing intrauterine system) is a removable intrauterine contraceptive (IUC) that is more than 99 percent effective and helps couples keep life simple. It works for as long as you want, up to five years, is effective as soon as it's placed, and once removed by a health care provider, allows you to try to become pregnant immediately. Mirena® won't cause significant weight gain and may also provide shorter, lighter and less painful periods. IMPORTANT SAFETY INFORMATION ABOUT MIRENA®: Candidates for Mirena® have had a child, are in a stable relationship and have no risk or history of ectopic pregnancy or pelvic inflammatory disease. Mirena® does not protect against HIV or STDs. Ovarian cysts may occur and typically disappear. Complications may occur from placement. Missing periods or irregular bleeding is common in the first few months, followed by shorter, lighter periods.