
Spouse Wellness Check

Ask your spouse these six questions to check in with their overall wellbeing, and the wellbeing of your relationship.

1

How are you feeling emotionally? Physically?
Etc.

2

How can I support your well-being?

3

What can we change in our family's routines to support you?

4

What are some ways we can ensure we're working as a team?

5

What is an activity you would like us to do together?

6

What is something I did this week that made you feel loved?