

Benefits of Being Married?

Isn't it easy to take the benefits of marriage for granted? For instance:

Financial stability

Two jobs mean two incomes, more savings, sharing of expenses; greater financial security overall.

Companionship

Your spouse is your partner in everything, someone who does things with you, goes places with you, takes adventures, someone who shares life with you!

Improved mental health

Married people have someone to support and comfort them when they face challenges - someone who inspires them and gives them strength.

This social support improves mental health and self esteem, and reduces stress.

(These benefits are only realized within a happy marriage, though.)

Success in other aspects of life

A healthy and happy relationship provides the stability and support people need to *thrive*.

Happily married people have a positive outlook towards all other aspects of their lives.

This positivity opens doors and creates more opportunities for happiness, advancement, and growth.

A safe space

Marriage is a safe space where couples can openly express their true feelings about everything without fear of judgment.

Marriage is a place for safe, honest, loving feedback, even when it's difficult to hear. In so doing spouses act as each other's mirror, and help each other to become better people.

During this time when marriages are being strained by remarkable pressure, let's take a moment to focus on the MANY benefits and joys of marriage.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!