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Marriage name change guide

For those who are looking forward to changing their last name after marriage, it's tempting to start right now. After all, it's a bit of a long and often complicated process. However, it's easy to forget that changing your last name can have an immediate impact on your travel plans. To avoid any unwanted surprises at the gate or check-in, here's all you need to know about changing your name and traveling. If you're going on your honeymoon in the immediate days or weeks after your wedding, book your trip in your first name. (The name change doesn't happen overnight; in fact, it's quite the opposite.) This is the easiest way to travel, and it will buy you some extra time to enjoy married bliss before standing in long lines at the Social Security Office, DMV, Bank-you get the idea. If you plan to travel after a few months or more of your marriage, it is safe to book in your married name, provided you are legally active and on time to change your name, then obtain the necessary documents. Remember that your best bet is to change all your documents and set up to go before you start your journey, so make sure you'll have enough time to do so. If there's a question, it might be best to play it safe and book in your first name, and wait until you return home to make your name change. (It will also give you something special to look forward to!) A general rule of thumb for international travel is that your passport is your primary source of identity. Sometimes, U.S. citizens forget this, as your driver's license is often all you need for domestic travel. It is important to remember that the name on your airline ticket should match your passport name. Sometimes, newlyweds change and neglect their license first to change their passports, so it's important to keep this in mind. Your first step in changing your name is to make it official through Social Security, then you have to move forward with changing it everywhere. For many, it will start with driver's licenses and passports, and then you can deal with your bank, credit card, professional license, etc. Be as prepared as possible and make sure you have a proper form of identity, your birth certificate, certified original copies of your marriage license, a cheque or money order to cover the fee, and any necessary forms. To change your name in Social Security, it has to be done in person. More information about the requirements and process are available online. For U.S. citizens and passport holders, details on the easy enough procedure can be found here. A good rule of thumb, if you have any questions or concerns about your name change, is to contact your airline or hotel directly to ask for your specific policies and procedures. In addition, it cannot hurt to keep a copy of your marriage license while adjusting all formal changes. A little information, preparation and some of the mind can go a long way. Pairs which Joe The exciting activities were found to be happy to part together. Ashley Corbin-Teich/Getty Images There's no wedding a walk in the park, and when you're spending what feels like every waking hour with your significant second while social dissing or quarantine at home, it can look even harder. However, taking time to make positive changes in your relationship can pay off, especially during these stressful times. Insiders spoke to experts and consulted research to determine the changes people can make to improve their marriages and create happy and healthy relationships, both immediately and in the long run. From cooking together every night to setting up weekly check-ins with your spouse, these 20 practices can improve your relationship and help you form a happy, healthy bond with your significant other. Happy couple taking selfies. Svitlana Sokolova/Shutterstock Sarah Schewitz, Psy.D., a licensed clinical psychologist and founder of Learn Couples, an online couples therapy and marriage counseling service, explained how by focusing on positive parts of their partner, couples become stronger and more in tune with each other. Our bodies and brains are programmed to help us survive, Schewitz told the insider. A lot of what it takes to be in a happy, long-term relationship is overriding our human instincts. One of our biggest instincts is to scan the environment for what is wrong, what is broken, and what is dangerous so that you can avoid it and fix it. In a relationship, that's the opposite of what's healthy. If you're constantly [focused] on what's wrong with your partner, you're going to feel less connected and dislike them. To combat this, Schewitz recommends writing at least three things per day that you love and appreciate about your partner and ideally share with them. A couple on a date at dinner. As much as you can consult professionals, it's also important to communicate with your partner what you're doing that improves your relationship, and where you can improve. Too often, people only receive feedback from their partners in the middle of heated debates or when things are going exceptionally well. Instead, couples should plan a discussion during a neutral moment where they are both prepared to discuss in a non-combative way what's working in their relationship and what's not. Schewitz I've always started out with couples praise, some things they love and appreciate about your partner, the times you felt really connected during the week, what went well, and then in the time being you disconnected or felt any frustrations that came. Having that weekly touch point when you know you're going to have the opportunity to express frustrations, excitement, fear, any of it, is really important. An old couple taking a walk. Robert Daly/Getty Images According to a study by sociologists Paul R. Amato and Spencer L. James, while marriages see a decline after the honeymoon phase has passed, couples who stick it out tend to see a resurgence in their marital pleasures around its 20th anniversary. After getting married for 20 years, the study analyzed couples saw an increase in recreational activities, such as eating dinner, or coming together with friends. Unlike what many people think, marital quality doesn't inevitably decline — it remains high or even improving in decades, Amato told the Institute for Family Studies. This knowledge should encourage most couples to look to the future with a degree of optimism. A couple of cooking together. David Sacks/Getty Images For some couples, it's having coffee or snacks every morning before work and one thing they're talking forward that day or about a thing they're not looking forward to, which then lets them talk about a touch point and reconnect at the end of the day, Schewitz said. Other examples of the rituals of connection could eat dinner together each night and rehashing your days, cuddling for a weekly date night, or 10 minutes every night before bed. All these things that people can establish that they can trust their partner for every day or every week, Schewitz said. Couples can also set some domestic rules that focus on improving your relationship. These domestic rules can be as big or small as you want but set the foundations for how you want your relationship to work. Kirsten Scarlett, a licensed mental health counselor and cofounder of Octav, a medical center in New York City, said, Put your phone to a place while you're ready and eat dinner together, and it's your time when you check in with each other and talk about your day, reconnect, even asked for an hour. A couple shared the joke. A study published in the Sage Journal of Shutterstock/pixelheadphoto digitalskillet social and personal relationships found that while there was no strong evidence of increased happiness among couples who engaged together in pleasant activities, exciting activities together, and no special activities, there was evidence of a strong difference between couples who engaged in pleasant and engaged in exciting activities. Couples who participated in exciting activities together, such as doing physical activities or trying something new, were found happy with those who engaged in pleasant activities just like eating dinner together or watching a movie. With children, work and mortgages, life and marriage can become repetitive and mundane, Scarlett told The Insider. It may feel irresponsible to spend money on fancy dinners or weekend getaways, but think of the bigger picture. Nutrition and shaking up a relationship is as improving marriage, and sometimes more important, than those daily tasks. It's in the works. A couple lying on the bed together. Shutterstock as people age, life booms with children, careers, physical health problems Gets busy, is, More. For many couples, the number of having sex per week declines over time. However, experts argue that physical intimacy and satisfaction are essential for maintaining a healthy and happy relationship. Proximity and connection is a human need, New York City-based licensed clinical psychologist Dr. Sanam Hafeez told NBC News. When in a long-term relationship it is important to reconnect through sex. Brain chemicals released during sex further enhances the relationship. However, it is also important that your partner never put pressure on to perform sexually so that they become uncomfortable. Sarah Schewitz explained that people who have experienced trauma, either sexual or otherwise, or have their own personal limitations with sex, should express any concern with their partner when it comes to physical intimacy. At the end of the day, the goal of the physical relationship is to make both partners feel safe, satisfied and happy. MORE: Features Marriage Marriage and Family Marriage Counseling