

Five Tips That Can Improve Your Sex Life

1.) Work on Your Confidence

Many people avoid engaging in sexual behaviors with partners because they lack self-confidence. For some people, the lack of confidence may come from poor body image. For others, the lack of confidence may come from anxiety about sexual performance. People may struggle with sexual self-confidence because they fear that they may lack in experience or knowledge. Understanding the source of your concerns will help you begin to work on getting past them, and getting to a more confident place.

2.) Educate Yourself

Peers and porn – these are the places where the average person still receives a majority of their sexual education in today’s world. Needless to say, these are not the most reliable sources of information and can lead to how many sexual mis-teachings and myths continue to be perpetuated within our culture.

Though we live in an Information Age, people still seem to be ashamed to seek information on sexuality. Learning more about what you and your partner like, and how to explore your sexuality in a safe and sane way... that’s how you become a better partner in this journey.

3.) Reduce Stress & Anxiety

In today’s age of Smart phones, multi-tasking and 24-hour work cycles, people have an increasingly difficult time staying present in any given moment. I’m sure it’s not news that stress not only impacts one’s ability to stay mindful, it is also a “mood killer” when it comes to sexual connection. As stress and anxiety ramp up, distracting thoughts can race through one’s head, and make it difficult for individuals to re-focus themselves and relax into the sensations of sexual pleasure. Understanding the sources of this stress, as well as learning and practicing stress-reducing coping strategies can help you and your partner to have more positive experiences.

4.) Slow Down

When life gets busy and responsibilities seem endless, sex and pleasure can get fall down on one's priority list. Even when people try to keep their sex lives on their to-do lists, the sex can feel like it's on a time-table of sorts or possibly even rushed. The thing that people tend to forget is that our biggest "sex organ" is our brain and our brain needs time to catch up and switch over to sensual thinking. The brain has a hard time doing this when we just finished changing the baby's diaper, cleaning up after the dog or e-mailing the latest deliverable to the boss.

It is important for the brain to be engaged in sexual or sensual thinking so that it can send messages to the rest of the body to prepare for sexual activity. Think of this as mental foreplay. The brain sends messages to the rest of your body to increase blood flow in certain areas, lubricate or even change shape, all in preparation for sexual activity. When people rush through the transitional stages of sex, they don't give their body ample time to do what it needs to do to make sex feel as enjoyable as it can feel.

5.) Stay Connected To Your Sexual Side

What gets you hot or makes you feel sexy? Does certain music get you in the mood? Do you find yourself feeling turned on when you are in a candle-lit room? Does your body respond to certain sounds or smells? Famous couples' therapist Dr. John Gottman suggests doing "small things often" when it comes to relational connecting. Not surprisingly, the same thing can work for individuals who want to stay connected to their sexual side. "Keeping your head in the game" can be a game changer for those interesting in altering the trajectory of their sensual lives.