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Free religious birthday cards for husband

Acknowledging co-workers' birthdays helps to build strong and friendly relationships at work. It informs your co-workers that you care and that they are appreciated. Depending on your existing relationships with co-workers, what you say in a birthday card can take on different styles to help build even stronger bonds. If you joke around often with your co-worker and there is a mutual understanding of each other's jokes, writing a funny message on a birthday card is one way to go. It can play off on age, things that your co-worker likes or dislikes, or office humor. An example includes, "May your birthday be the one special day you don't spill your morning cup of coffee," if your co-worker has a tendency for such accidents. He'll get a chuckle out of reading it. Poems can come in many styles, but they typically offer you an opportunity to write a unique, personalized message that can be memorable and meaningful. For example, you can say: "Roses are red, violets are blue; you're the birthday girl, so I wish your dreams come true." Or: "There are things that money can't buy, and that's a great co-worker like you. Happy Birthday!" Thoughtful birthday messages can express your appreciation for a co-worker and your wish for her to have the best on her special day. Write a thoughtful birthday message by tying in special moments you've experienced together. For instance, you can write: "I'm so grateful that you've been there for all the late nights at work. Happy Birthday and have a great night out – away from work!" When you have a co-worker whom you have not yet bonded closely with or whose personality you don't know well, writing a simple birthday message on the card is the way to go. Standard messages – "Happy Birthday! Wishing you dreams come true!" or "Happy Birthday! Have a good one!" – are a sufficient acknowledgement of your co-worker's birthday. Are store-bought cards too bland for your liking? Here are some amazing projects that add a twist to the traditional "card" to that you can spice up any occasion like a birthday or even an anniversary. Step 1: Supplies You will need the following:-Scalpel-Ruler-Scissors/Corner Punch -Some paper of your choice-Printed pictures/stickers (for decoration if desired)-Something to write with-Glue/TapeStep 2: The 3D Teddy Bear CardProvided by this source. Before anything, you first need a decoupage teddy bear. You can purchase this in arts and crafts stores. Or look at this to see how you can make a decoupage.1. Start off by folding a card stock in half.2. Put your 3D decoupage image on the front of the card. Then, draw a box around the image and leave half of an inch border on each side.3. You can use a corner punch or a scissor to round off the top right hand corner.4. Taking a piece of colored paper of your choice, place it on the inside of the card so that the square flap stands out. 5. Next, put your decoupage picture on the front of the card and secure it in place with tape or glue.6. You can decorate the front panel of the card along the empty space.Those are the basics. But, if you want to make your card extra fancy, click on the word "source" for the visuals.More IdeasThere are a ton of great ideas that can be used for cards. The following links are different types of card ideas that can spark your creativity.Loading Message Card DIY CardsThese are just a few ideas. However, you can create the card with as many personal tweaks as you want.Make it personal by adding your own writings. Or, print out some quotes to cut and paste on the card. The possibilities are endless.Have Fun Arts and crafts aren't just a way of killing time. Enjoy the project!Quick TipIf you have any leftover scraps that you feel will be useful later on, keep them. You can use them to create more cards or another project. When you can't be there to celebrate someone's birthday, emailing them a professionally designed e-card can be the next best thing. You can also send e-cards via social media, including Facebook. Whether you choose traditional, religious, contemporary, funny, or outrageous, your e-card sends the message that you appreciate and honor the recipient. Glimie e-cards provide a contemporary expression of the timeless tradition of personal card writing. The selection of birthday e-cards manages to combine pretty with surprise and delight just as the company's French name does. Let the birthday celebrations begin. Blue Mountain offers full-screen high-quality animated birthday cards that will make your family and friends smile. Beautifully drawn and meticulously animated, Jacque Lawson's greeting cards make every birthday a happy, fun, and memorable event. One of these charming, quaint designs is bound to be perfect for your friend. Combine an animated greeting card with your favorite musical style and lyrics (prominently featuring the recipient's name) that are sung and recorded just for this special occasion. Add a personal message and send one of the coolest e-card birthday experiences around. These are not your father's greeting cards. Check out the e-card selection at CardFool for cards with attitude and humor. This light-hearted selection features plenty of cats and political figures. You can even add yourself to a selfie with the current president. At Punchbowl, you can send birthday e-cards that mimic physical cards closely. It's not just the e-paper and e-envelopes that look good. The designs and typography are a pleasure to behold, send, and receive. Birthdays should be fun. If they aren't, it might be because the hilarious, splendid Jibjab greeting is missing. Pick a card and personalize it with your image. Soon, you'll be singing and dancing your way to your friend's birthday celebration. Hallmark e-cards offer birthday wishes in every mood, from funny to beautiful to romantic. Let your friends know how special they are on their special days with these beautiful cards from the king of greeting cards. The stream of spectacular birthday cards coming out of AmericanGreetings.com is never-ending. Pick from heartfelt greetings and comic dancing cows to inspirations and religious messages. Chances are good you can find the right card to make your friend's day extra special. Meticulously drawn and beautifully designed, the timeless postcards at CardCow.com evoke a genteel past and make great birthday e-cards. The muted colors, classic illustrations, and photos date to a time long gone, yet comforting. Birthdays come only once a year. Make the occasion special with a card from Kisseo, where the e-cards are sentimental, funny, and charming. Personalize the card you choose with your memories and emotions of special moments in the past or your shared history. KudoBoard lets you invite friends or coworkers to sign and contribute to a group birthday card before you send it. You and your friends add messages, photos, and videos on a board until you're pleased with the content. Then you push a button to deliver the online board to the recipient. Inspire your favorite people with scripture and Christian birthday greetings from DaySpring. This small but impressive collection of birthday e-cards is perfect for sending birthday wishes to a parent or friend. The birthday cards you send from the Victorian Trading Company spread Victorian style and genteel charm. The beautiful paintings and vintage photos that grace these cards set this website apart from the competition and evoke a gentle time from the not-too-distant past. Find the perfect birthday e-card from the collection of disarmingly simple and colorful images at E-Cards.com. Charm your friends on their birthdays with cards that are bound to bring a smile to their faces. Make sure your birthday wishes arrive on time with an e-card from CrossCards. This mix of Christian and traditional cards offers scriptures and inspirational messages to brighten the recipient's day. Don't wait until your friends blow out their candles to send your electronic birthday wishes from Paperless Post. Choose a modern or traditional e-card to brighten your friend's day or personalize a card with photos. The Doozy Cards website will tickle your fancy with its collection of cute and laugh-out-loud funny e-cards. Categories as varied as Musical, Adult, Cat, Celebrity, Christian, and Democratic, among other, make finding the right card a breeze. Thanks for letting us know! Tell Why! 3 of 30 Day 1 Make Time for Monday Night FootballWhy It'll Work: The problem isn't always that you're seeing too little of each other. Sometimes you're seeing too much. Newlyweds, in particular, tend to sacrifice time with friends most often in the first year of marriage—and you can feel the ripple effects everywhere. A recent study found that people who identified their spouses as their closest confidants increased by 20 percent over the past two decades, while the number of total confidants decreased by half. That means we're more dependent than ever on our significant others. Why is that bad? Variety and camaraderie are vital components of our long-term health. Research has shown that men who hang out in large groups, for example, actually handle stress better, and even do a better job of warding off sickness during cold and flu season. Some measure of independence, however, is key: Among other things, men who shared close friends and confidants with their wives were up to 97 percent more likely to suffer from erectile dysfunction, according to researchers at Cornell and the University of Chicago.So take a little space to safeguard your sex life—and for more guy wisdom, check out The Better Man Project. You'll learn more than 2,000 small ways to become not only a great husband and lover, but also a healthier and happier man. 2 of 30 Day 2 Do the DishesWhy It'll Work: You can daydream about your lady as a French maid, but don't treat her like one. A George Mason University study found that husbands help out around the house even less than live-in boyfriends. In fact, a husband creates an extra seven hours a week of housework for his wife, on average, according to a University of Michigan study. On the flip side, a wife saves men from about an hour of housework a week. That's one reason why a man's willingness to do housework is a major predictor of marital bliss, according to a Pew survey of 1,128 women. Keep her happy by helping out with the daily chores. When she goes to grab the dishrag after dinner, give her a hand. Or hire a real maid to do the dirty work. 3 of 30 Day 3 Help Her SnoozeWhy It'll Work: Women are grumpier than men in the morning, according to the Sleep Council. You, on the other hand, might be more pleasant because you're better rested: Nearly twice as many men as women reported getting a good night's sleep regularly. If your wife has trouble dozing off tonight, tomorrow could be a nightmare for both of you. A recent study showed that the longer it takes for your wife to fall asleep at night, the more negative your interactions will be the following day. On the other hand, how well a man slept had no effect on his relationship. Tonight, encourage her to escape to the bedroom early while you get the kids ready for bed or finish up the chores. You won't regret it in the morning. 4 of 30 Day 4 Stop Dreaming About AlternativesWhy It'll Work: If you're always wondering just how much happier you'd be with a wife who "didn't act like that" or who really understood you, stop focusing on alternatives. "Constantly visualizing ideal spouses makes you less happy because it creates more potential for unproductive desire or regret," says marriage therapist Joshua Coleman, Ph.D., author of The Marriage Makeover. While occasional communication about the issues that bother you is important, Coleman recommends frequently communicating what you think is great about her, rather than constantly trying to smooth out the tics that annoy you. Tell her, for instance, that she did a great job painting the living room instead of saying, "That turned out well." That way she'll know that it's her you're impressed with, not chance. For the latest, most practical studies, sex advice, fitness tips, and more, visit Men's Health News every day. 5 of 30 Day 5 Prep DinnerWhy It'll Work: Like her husband, a career-oriented woman finds satisfaction in contributing financially to the relationship. Unlike her mate, though, the pressure's often on her to get home and start cooking, leaving her less time to prove herself at work. A Cornell University study found that women's careers suffer when their husbands work overtime. In fact, wives are 42 percent more likely to quit their jobs when their significant others spend 60-plus hours a week at the office. Do you have to worry about your career suffering if your wife works longer hours? Nope. Conversely, a wife who works late doesn't affect a man's likelihood of quitting, the study revealed. 6 of 30 Day 6 Be More AttentiveWhy It'll Work: Forget the chocolate-covered strawberries and scented candles. Want to be more romantic? Utter these five words to make her melt: "Tell me about your day." Talking to your wife—about work, family, the news—is an even better aphrodisiac. A University of Virginia study found that wives care most about how affectionate—and understanding—their husbands are. Spending quality time together and discussing things she likes creates a bond your wife equates with romance. 7 of 30 Day 7 UnplugWhy It'll Work: If you spend more time gazing at your iPhone than into your mate's eyes, it could be causing problems in your relationship. In a study published in the Journal of Marriage and Family, researchers reviewed cell phone usage of more than 1,300 couples for 2 years and found that relationship and family happiness both decreases as cell phone usage increases. Power down tonight, and listen up. 8 of 30 Day 8 Unwind TogetherWhy It'll Work: People in bad marriages are more than twice as likely to report stress at work as those who are happily wed, according to a British study. Stress, in turn, has been linked to a higher risk of heart disease, stroke, cancer, and many other health problems. Unhappy spouses also showed higher diastolic blood pressure. On the other hand, a supportive partner decreased stress. What's one way to show more support? Drop her a brief note or make a quick phone call during the workday to see how things are going. Even if she's stressed out, the show of support will help her regain some equilibrium. Sign up for the Belly Off! Newsletter for even more fat-blasting tips delivered directly to your Inbox every week. 9 of 30 Day 9 Compliment Her PrivatelyWhy It'll Work: The more a compliment is tailored to that specific woman, the more intimate and effective it is. "Use sensory words, like, 'Your breasts are so soft,' 'I love the way you smell,' 'I love the sound of your voice,'" says Tammy Nelson, Ph.D., a licensed psychotherapist and the author of Getting the Sex You Want. "The more detailed your praise, the more personal it is to her—it shows her that you derive pleasure from her body, not just from any naked body." 10 of 30 Day 10 Compliment Her PubliclyWhy It'll Work: "If a woman's body image is low, she'll feel less passionate and sexual," says Patricia Love, Ed.D., the coauthor of How to Improve Your Marriage Without Talking About It. But here's the key: Do it in public. "It'll emphasize your commitment, making her feel more secure and ultimately improving her body image," Love says. 11 of 30 Day 11 Reconsider the LexusWhy It'll Work: Your climb to the top of the social ladder might be taking a toll on your relationship. Couples that highly value money and possessions are less satisfied with their marriage compared to couples where at least one person wasn't materialistic, according to a survey of more than 1,800 couples in the Journal of Couple and Relationship Therapy. Meanwhile, non-materialistic pairs communicated more effectively and were more respectful of their partner's viewpoints during arguments than money-loving couples, researchers found.Learn even more new ways to pad your checking account this year. Visit Men's Health News. 12 of 30 Day 12 Visit the GrandparentsWhy It'll Work: Set the TiVo to record the football game this Sunday and plan a trip to grandma's house instead. A study in Family Relations found that grandparents use get-togethers as opportunities to mentor, pass on traditions, and teach family values to their grandchildren. Building strong bonds between your parents and your kids will teach the tots to respect and empathize with their elders. Result: A happy, close-knit family. 13 of 30 Day 13 Be a TeamWhy It'll Work: Researchers from the University of California, Berkeley, found that couples that say "we" are better at resolving disagreements than couples that emphasized their separateness by using pronouns like "I," "me," and "you." The couples that identified more as "we" also showed less stress and were more positive. Ultimately, "we-ness" or "separateness" language is a strong gauge of marital satisfaction, past research has found. In the face of a conflict, you can choose to team up with your wife or become polarized. But couples that considered themselves a partnership felt better equipped to work through challenges and more confident about making big decisions. 14 of 30 Day 14 Banish Her Pre-Baby BluesWhy It'll Work: A pregnant woman's hormones are less stable than the Dow, but being a supportive husband will pay off in the long run, a recent study suggests. Your understanding attitude could help keep your wife and baby happy and healthy. The quality of a marriage is the strongest indicator of a woman's prenatal mental health, the study found. On the other hand, unhappy relationships are closely linked to depression. Poor mental health has been associated with premature birth, low birth weight and health problems that can last into your little one's school years. 15 of 30 Day 15 Show Affection Outside the BedroomWhy It'll Work: P.D.A now stands for Private Displays of Affection. A study published in the American Journal of Family Therapy found that a woman's relationship satisfaction increased when her husband was physically affectionate in a subtle, non-erotic way—no licking, kissing, or groping involved. Instead, go for a more subtle move—while driving, rest your hand a few inches above her knee for a low-key turn-on. She'll feel closer to you knowing that you want to be close to her—even when she's not undressing.Get the very best sex and relationship advice, breaking studies, and more from Men's Health every day. Sign up for the Daily Dose newsletter. 16 of 30 Day 16 Make It a Clean FightWhy It'll Work: A good argument may keep you and your marriage healthy. That's because how you argue can determine the long-term success or failure of your relationship—and your lifespan. University of Michigan researchers analyzed almost 200 couples for nearly two decades and found that those who stifled their anger died earlier than those who expressed their anger and resolved the conflict amicably. The couples that stewed over the problems doubled their likelihood of heading to the grave early. Why? They never tried to fix the problem, which likely led to an increase in stress and resentment. Voice your opinion early, and respect her point of view—even when you're convinced she's wrong. 17 of 30 Day 17 Lock Lips Every MorningWhy It'll Work: Don't walk out the door without a see-you-later kiss. "Skin-on-skin contact releases oxytocin, which lowers stress and makes you feel connected," says Patricia Love, Ed.D., the coauthor of How to Improve Your Marriage Without Talking About It. "When a man is touch-deprived, this need becomes sexualized, making his wife think he just wants sex, and creating more tension." You only need to set aside 1 minute a day. "It takes just a few seconds of skin-on-skin contact a few times a day to start oxytocin production," says Love. A kiss in the morning, a hug after work, and another kiss before bed can produce a lasting feeling of intimacy. 18 of 30 Day 18 Get Out More OftenWhy It'll Work: If your relationship is in a rut, nix the usual dinner date in lieu of something new. Boredom can be just as detrimental to your marriage as bickering, according to a study in the Journal Psychological Science. Researchers analyzed more than 120 couples on their 7-year anniversary, and again on their 16-year anniversary. The study indicated that greater boredom in year seven predicted significantly less satisfaction at year 16. Always be on the lookout for new opportunities to try together. Check out the Men's Health Adventure Guide to inject a much-needed shot of adrenaline into your relationship. 19 of 30 Day 19 Laugh At HerWhy It'll Work: Among the most affirming things one person can do for another is to laugh at the other's attempts at humor. Lots of husbands, over time, forget this salute. What's that, you say? Your wife isn't funny? So what? Neither is your doll of a boss, but you laugh at his lame attempts. Why? Because you're trying to prove you respect him. Bingo! One of the biggest dangers mature marriages face is that Homer and Marge stop trying to demonstrate their respect for each other. Laughter is tonic for a woman's woes. Keep it on display. 20 of 30 Day 20 Hire a BabysitterWhy It'll Work: Ninety percent of couples experienced a nosedive in marital joy once they had kids, according to a study in the Journal of Personality and Social Psychology. (Your childless friends aren't immune, either—kids simply accelerate the rate at which bliss plummets.) However, researchers found that certain qualities—such as being married longer prior to having kids and raking in bigger paychecks—protect couples from the post-birth decline. Until then, safeguard your marriage by shelling out for a babysitter or 'hiring' the in-laws at least one night a week. 21 of 30 Day 21 Plan a Romantic WeekendWhy It'll Work: Tune in to your wife's sexual calendar by timing her menstrual cycle, suggests Scott Haltzman, M.D., author of The Secrets of Happily Married Men. Then plan your romantic weekends accordingly. Ovulation raises testosterone levels, which makes some women extremely horny during their most fertile days. A recent study of 68 sexually active women published in theJournal of Human Reproduction revealed elevated levels of testosterone and an average 24 percent increase in frequency of intercourse during the 6 days leading up to each woman's ovulation. Calculate the start of this magic window by counting 2 weeks after she begins her period and subtracting 6 days. Learn new muscle-building fat-burning moves every week! Sign up for the Exercise of the Week newsletter. 22 of 30 Day 22 Make a SuggestionWhy It'll Work: During those times when the two of you are on solid ground and you want to move things to a higher plane, consider pushing the boundaries a bit. A recent survey of 2,000 women found that two out of three were interested in light bondage. The key is to keep the adventure positive. "Don't imply that you want this because the sex has grown stale," says Mark Elliott, Ph.D., the director of the Institute for Psychological and Sexual Health, in Columbus, Ohio. "When you phrase it as something fun you want to try, it's about having a good time, not fixing something that's broken." 23 of 30 Day 23 Slow DownWhy It'll Work: "Many women need a transition period between dealing with the stress of work and family life and feeling sexual," says Ian Kerner, Ph.D., the author of She Comes First: The Thinking Man's Guide to Pleasuring a Woman. "A few minutes of foreplay usually aren't enough." After a few years together, men tend to start shortening foreplay, but the average woman takes 27 minutes to reach orgasm. A warm bath is a good place to start. 24 of 30 Day 24 Assume a New PositionWhy It'll Work: According to a study in Personal Relationships, women are more likely than men to get bored in a relationship. Trying a new sex position is one of the easiest ways to inject variety into the most intimate part of your life. Try the Cuban Plunge: As you assume the man-on-top position, ask her to bring her knees to her chest and drape her legs over your shoulders. Her vagina will be elongated and extended, and your penetration will be deeper and more pleasurable for her—a win-win situation. And don't stop there: visit the Men's Health Sex Position Master for even more mind-blowing options. 25 of 30 Day 25 Be More DetailedWhy It'll Work: When she asks how your day went, she doesn't want to hear "fine, and yours?" She wants details, not a highlight reel. To maximize the effectiveness, frame things in terms of your emotional reactions: "I was nervous when they didn't jump at the offer, but I felt excited when they realized I was right." "She needs to hear you talk about your feelings as best you can. You'll be amazed at what revealing your feelings can do for the level of intimacy between you," says Les Parrott III, Ph.D., the author of Love Talk.Sign up for the Eat This, Not That newsletter for more ways to choose wisely while eating out. 26 of 30 Day 26 Make Time for Poker NightWhy It'll Work: The more time you spend together, the more alike you become—and that can quickly lead to relationship ennui. Worse, you lose the benefits that come from hanging out in groups. Researchers at the University of Queensland in Australia found that people who belong to large social groups do a better job of facing tough challenges—and might even stay healthier during cold and flu season—than those who hang out in smaller crowds. A separate study found that people large, rich social networks have bigger, more developed amygdalae, a region of the brain linked to memory and emotion. 27 of 30 Day 27 Fold the LaundryWhy It'll Work: More than likely, she could use the time off. "Many married men were raised by parents who modeled gender-stereotyped roles—the men have careers, take care of the yard," says Ken Waldman, Ph.D., former director of the University of Houston's counseling center. "In today's culture, with many wives working outside the home, a role-based paradigm no longer works." In other words, it's time that you tend to that lucky tee yourself. 28 of 30 Day 28 Touch Her HereWhy It'll Work: If you skip her nipples once you've moved on to the main event, start aiming higher even after penetration. In a recent study, researchers found that nipple stimulation activates the same parts of a woman's brain as clitoral stimulation. Combining the two during sex could give her an even more mind-blowing climax, researchers say. Here's how to pull it off: Have her lie down on the bed with a pillow under her hips. Enter her from behind and cup her breasts with your hands while she stimulates her clitoris with her fingers. 29 of 30 Day 29 Send Her a ReminderWhy It'll Work: Reminding your wife of commonalities—whether it's a birth date, a passion for Japanese architecture, or your favorite vacation spot—will ignite her desire for you, suggests recent research published in the journal Personality and Social Psychology Bulletin. There's even a scientific term for the phenomenon: "implicit egotism." It means we humans are attracted to things and people that remind us of ourselves. 30 of 30 Day 30 Eat LateWhy It'll Work: When partners who generally have good relationship skills are under extreme work stress, they have trouble using their communication and relationship tools, says Lisa Neff, Ph.D., an assistant professor of human development and family studies at the University of Texas. She recommends taking time to unwind after you arrive home by doing what you want to do, instead of diving right into dinner. If you tell your wife that dinner conversation is much more enjoyable after you've shed the day's stress by shooting some baskets or tinkering in the garage, she'll be more likely to understand where you're coming from, Neff says. This will give her a chance to cool off as well. Neff has found that husbands of stressed-out wives are especially unhappy.Make this the year you calm down for good: Start with these 52 Ways to Control and Conquer Stress.

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