

Staying Strong as a Couple During COVID-19



The COVID-19 pandemic has created worldwide disruption, requiring many couples and families to be at home in quarantine. All relationships require nurturing to remain healthy so here are some tips for staying strong as a couple:

Find at least a little daily time just for the two of you:

If you have children at home or your work schedules are especially demanding it can be tough to connect. Schedule a time when the two of you can share a cup of coffee, go for a quick walk together, or talk each day.

Plan:

Create a household schedule which works for everyone and factors in work schedules, online schooling, etc. This can reduce chaos and stress which can be hard on a relationship. Be willing to revise your plan as needed.

Go on a date:

Rent a movie, prepare a meal together, visit exotic places online, recreate your first date together be creative in finding some fun, quarantine-friendly activities which keep your relationship positive and fresh.

Keep short accounts:

Agree as a couple that you will work through disagreements and not allow them to fester. Focus on listening to each other and giving each other slack. Forgive the little irritations which can pile up into big conflicts.

Maintain outside connections:

Don't get too isolated as a couple. Connect with friends or family by phone or online on a regular basis to find support from others instead of leaning exclusively on each other.

Stay healthy as an individual:

As much as you can, eat well, get exercise, and get enough sleep. Avoid excessive eating, alcohol or sitting so that you can be at your best relationally.

Look to the future:

Continually remind each other that this pandemic will pass and life will eventually become easier. Discuss your plans for the future and what you hope to do when all this is behind us.

Human Development Company can provide you with more information regarding family resiliency and staying healthy and strong as a couple. Contact your employee assistance program at 800-877-8332.