



## How to Maintain a Healthy Relationship During Social Isolation

For most couples out there-especially for those working from home or not currently working we are spending more time with our partners than ever. There are a few things you can do to navigate this time.

- Create a routine that promotes space. We find that it is more helpful to maintain personal space throughout the day versus having to ask for it when we feel overwhelmed. Although scheduling our day down to the minute might cause stress or be unrealistic, having a general routine can add some necessary structure to you and your partners day.
- During the week wake up and complete your normal morning routine (prioritizing hygiene even though we may not be leaving the house) and when the time to work comes-set up your own individual work space if working from home.
- If you're not currently working, try and go for a walk or hang out in the backyard for a bit. Keeping with a routine will create some daytime space that will leave the evening to engage with our partners. During the weekend where there is typically less structure you can still plan the occasional date night (while still practicing social distancing) or other activities that bring you closer as a couple.
- For those who have children, communicating about how you will share childcare, homeschooling, or other household duties is important. It may not be realistic or efficient to have all hands-on deck all day long so breaking up the work can make sure that everything gets done without one or both partners feeling overwhelmed. This also creates space for each partner to still get some of that much needed kid free time in their day.
- Although these are unprecedented and maybe even scary times for some we can still look at this time as an opportunity to get closer to our partners. Although creating space is important-this can still be a time where your relationship can grow. Now is a great time to try new things as a couple whether that be trying a workout routine or video together, completing that jigsaw puzzle, or trying out your partners hobby with them for the first time.

