

RELATIONSHIP TIPS IN THE TIME OF CORONA!

*I feel wonderful because I see the love light in your eyes
And the wonder of it all is that you just don't realize how much I love you... Eric Clapton*

WHAT TO KNOW!

- ❖ Covid-19 has and is putting a tremendous strain on relationships
- ❖ Being stuck at home and spending much more time together tends to create new issues or magnify existing ones
- ❖ The uncertainty, anxiety, and sadness/grief over losses is huge and affects our daily functioning as well as our relationships
- ❖ We tend to take out our frustrations and anxiety on those who are closest to us and who will probably not leave us no matter how upset we get
- ❖ As we have been stuck in our homes, we have spent more than the usual amount of time with our partners which cuts into individual/personal time
- ❖ Since our socializing is limited, we have been relying on our partner for social support
- ❖ We also have more responsibilities including work demands, family demands, and maintaining financial solvency
- ❖ The stress affects everybody but it may be in different ways than your partner
- ❖ Intimate partner violence has skyrocketed around the world during this pandemic because of isolation, increased stress, joblessness and economic uncertainty, increased use of alcohol, and lack of legal resources
- ❖ Divorce rates are expected to surge in the latter half of 2020

WHAT TO DO!

- ❖ Take care of yourself so that you can take care of each other
- ❖ Acknowledge your feelings, exercise, meditate, read, journal your experience
- ❖ Give each other personal space to do what they want: you don't have to do everything together
- ❖ Make a romantic date night at home; clean up, dress up, and eat well
- ❖ Recognize that you are in this together; resolve disagreements and conflicts with respect and honest and open communication
- ❖ Choose activities you can do together such as puzzles or exercising in addition to your individual activities
- ❖ Keep your expectations realistic and communicate what you need from your partner
- ❖ Have a brief check in with each other daily as to how they are coping
- ❖ Express appreciation for each other and share gratitude for what you do have together
- ❖ Seek professional help if you find that as a couple, you are unable to resolve conflicts and are being hurtful to each other

WE PRACTICE TELEHEALTH AND CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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