

Come Back To Love During The Time of Covid

EMPOWER WOMEN



Tips to Help Relationships Thrive

Set boundaries- Be clear if and when you need space. It might even mean putting up a sign that says "Unavailable" or "Do Not Disturb".

Communication- Strong communication is the foundation for a healthy relationship.

Make time- Although it's not as easy as going to dinner and a movie, you can still get creative when it comes to spending time together. Plan a picnic, make dinner together, or go for a hike.

Put the technology away- When you put away the devices and step away from the computer, it allows you to connect with one another.

Just in time for Valentine's Day, we had Robyn Vogel, MA, psychotherapist and certified relationship and sex coach talk to us about relationships in the time of COVID. There is a global mental health crisis right now with stress and anxiety levels at an all-time high. Many families are living, working, and going to school under the same roof 24/7 - there is no escape. With emotions and energies already heightened, relationships are being put to the test. Robyn gave great advice on how to navigate the difficulties that come with being in such close quarters with loved ones.

Don't blow up

For many, when we are really angry about something our first instinct is to go yell at the person who made us mad. Try to avoid doing this. Instead, write it down. You can also talk to someone else about it. Sometimes unloading on someone else or in a journal can help defuse the situation. Another tool for resolution is to say what is bothering you while the other person listens without speaking. Then they relay back what you said. Continue repeating this until you feel that they

understand, and you feel the situation is resolved.

Take a look at yourself

It's important to be aware of your reactions in certain instances. For example, when you are stressed, do you experience nervous energy, withdraw, or get angry or irritable? Maybe it's a combination. By paying attention to your reactions, you experience self-awareness which gives you the ability to acknowledge your feelings and hopefully control your reaction.

Self-care

On an airplane, they always tell you to put your oxygen mask on first before helping others. Why? If you don't take care of yourself, you'll never be able to care for others. Self-care is so important, especially in the midst of a pandemic. It can be as simple as a walk, mediation, or 10 minutes of quiet.



Robyn Vogel