

COPING WITH ROMANTIC RELATIONSHIP STRESSORS

DURING COVID-19



Give each other space. Being with someone 24/7, whether that's your partner, roommates, or family is bound to bring on some tension. Recognize that having alone time will do everyone some good. Whether that is having some quiet time, going for a walk, or working on a project, taking this alone time to recharge can help alleviate conflict.



Brainstorm ways you can still have fun. This could include something as small as bringing some humour into your conversations, or planning an activity like playing a game over video chat or planning to watch your favourite movie together.



Understand different needs in relationships. Tools such as the 5 Love Languages can help us understand how we express love or want it in return. Understanding things like your love language can help you plan how you will navigate this time as a couple. Take the online quiz here:
<https://www.5lovelanguages.com/>



Listen to your partner. Everyone is responding to this situation differently, and they might have a very different way of coping than you do. By acknowledging and accepting differences in reactions to this situation, some compromise can be met about how you will cope together.

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Practice kindness in this time of fear. Rising tensions, increased anxiety, and more time spent together can cause us to feel annoyed more quickly. When you feel like fighting with your partner take a deep breath and remind yourself that it's a stressful time right now. Throughout your day, look for ways you can practice gratitude. Say thank you when you can, compliment each other, or say "I love you".



Following the tips above are not applicable to everyone. In times of high stress and isolation, violence and abuse can increase. For those who feel unsafe at home or in their relationship, there are supports available 24/7.

Resources:

If you need emergency help, call 911.

Anova:

<http://www.anovafuture.org/>
519-642-3000 or 1-800-265-1576 (24 hour crisis support line)

London Abused Women's Centre

<https://www.lawc.on.ca/>
519-432-2204 (to schedule phone counselling appointments)

Reach Out

24/7 support and crisis service
<https://reachout247.ca/>
519-433-2023 or 1-866-933-2023