

# Healthy Relationship during the Pandemic

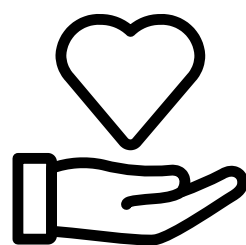
## How to make sure your relationship stays healthy during the pandemic:



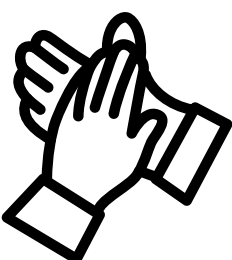
**Recall:** Remember/ write all the reasons why you love them.



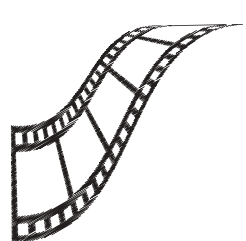
**Be patient:** They are also going through their own struggles.



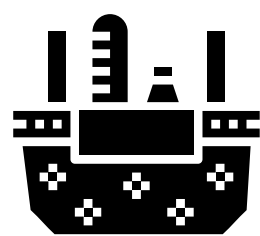
**Be compassionate:** Don't give them a hard time for small things.



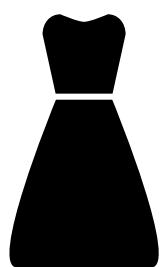
**Pick your battle:** Give positive rewards for positive behaviors.



**Try to relive moments you both enjoy:** Be creative and add activities you both love to the schedule.



**Spontaneous:** Spontaneity goes a long way when trying to keep a healthy relationship.



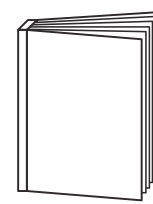
**Dress up:** Take your time to look good for yourself and your partner.



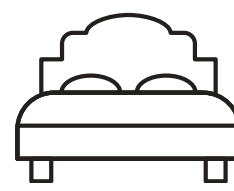
**Appreciate:** Every night, thank your partner for something s/he did that day.



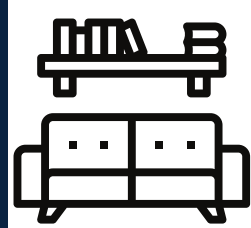
**Be more curious than furious:** Actively listen to what your partner is going through and find ways to help each other out.



**Time alone:** Schedule a little time alone and respect that invisible boundary.



**Intimacy:** Make sure to not let that part of your relationship die.



**Start a new project together:** Put a new activity in your weekly calendar that gets both of you excited.



**If arguing, take it somewhere else:** Make sure you don't expose your children to these arguments.

## Activities to do with your partner:

1. DANCE PARTY
2. KARAOKE
3. COOKING COMPETITION
4. PICNIC
5. MOVIE NIGHT
6. PLAN A TRIP
7. EXERCISE TOGETHER
8. MEDITATE
9. RE-ARRANGE THE HOUSE
10. PLANT

11. BOARDGAME/PUZZLE/ CARDS
12. CHEESE AND WINE NIGHT
13. HOST A VIRTUAL PARTY
14. ONLINE CLASS TOGETHER
15. MESSAGES
16. LEARN A LANGUAGE TOGETHER
17. COSTUME NIGHT
18. SCAVENGER HUNT
19. GO FOR A DRIVE
20. FOSTER AN ANIMAL