



New Work/Life Marital Relationship Tips

Are you finding yourself down to your last nerve and snappier at your loved one? Many couples are not used to being with each other 24/7 for more than a few weeks (vacation or holidays) let alone now almost 2 years. The pandemic has created a new work/lifestyle for many of us which includes working from home...together in the same house all day, every day. Thus, individuals do not have the typical work & life balance of days gone by.

Tips for decreasing marital stress during pandemic:

- Be respectful – life has changed for all of us.
 - How each partner deals with stress, anxiety, uncertainty and loss varies.
 - Realize we are all processing past and current events and are each doing this differently.
 - Talk openly and communicate clearly what you need to process and cope and respect each other's needs.
- Previous annoying habits may greatly bother you now.
 - Remind yourself not to sweat the small stuff.
 - It's unrealistic to expect them to change.
 - Accept your differences – we are all individuals.
- Discuss and Compromise.
- Respect each other's work space and workday.
- Build time into your schedule to care for yourself (exercise, quietly read, watch a favorite tv show, take a walk...) and agree together this is each other's personal time.
- Stay hydrated and maintain blood sugar levels (these often cause great strife if not maintained).
- Remember, ugly words cannot be taken back & can damage your relationship.
 - Control your anger.
 - Give them the benefit of the doubt instead of "assuming" the worst.
 - Wait until cooler heads prevail to discuss and be open to listening as well as sharing.
- Own your actions when you do get angry and apologize.
- Seek help if you need it.
- **Be grateful for each other.**