

MARRIAGE, COUPLES AND DATING DURING THE PANDEMIC

“In essence, we are required to step up when we are feeling most like lying down, something that I suspect applies to each and every family, since being forced to remain in close proximity with loved-ones for weeks is arguably just as challenging as enforced separation or other complicated scenarios.” – Lucy Fry, The Gottman Institute

Living Apart With Love

<https://www.gottman.com/blog/living-apart-with-love/>

Read about how to mindfully managing co-parenting from separate households during shelter-in-place conditions.

“These days, each passing moment brings a strange and new reality. To solidify and strengthen an existing relationship or continue to get to know someone, this is also an opportunity to get curious and focus on the things you appreciate.” - Stacy Hubbard, LMFT, Contributor, The Gottman Institute

Keeping it Together While Social Distancing

<https://www.gottman.com/blog/keeping-it-together-while-social-distancing/>

This article provides some ideas to solidify and strengthen an existing relationship or continue to get to know someone if you’re in the dating/getting to know someone phase of a relationship.

“This is going to be a period of great growth for relationships,” says the anthropologist Helen Fisher, who has studied romance around the world. “Couples are either going to grow together or grow apart.” Therapists love to advise couples to create quality time for themselves, and now we have more of it than ever. Use it wisely—and positively.” - John Tierney Roy and F. Baumeister, The Atlantic

How Not to Tank Your Relationship in Quarantine

“This time of isolation could be a period of great growth or great struggle in your relationship.”

<https://www.theatlantic.com/family/archive/2020/03/how-maintain-your-relationship-quarantine/608830/>

This article provides sound advice we often give to our couples in marriage counseling, only now, it’s more important to implement these suggestions.

“The stay-at-home measures needed to curb the novel coronavirus pandemic are pushing couples and families across the socio-economic spectrum to their limits. Here, UC Berkeley experts with decades of research and clinical expertise in intimate and family relationships provide tips on how to keep your cool amid COVID-19 cabin fever.” - By Yasmin Anwar, Media Relations, Berkley News

A dozen great tips for couples dealing with COVID-19 cabin fever: How to stay connected through the trials of the coronavirus pandemic? Relationship experts offer important advice

<https://news.berkeley.edu/2020/04/14/tips-for-couples-on-how-to-weather-covid-19-cabin-fever/>

The struggle is real. This article relays sound advice from professors of the University of Berkeley who study people in relationships.