

How We're Surviving Marriage in the Pandemic: Strategies for Couples Navigating Uncharted Waters

The COVID-19 pandemic has thrown a wrench into the plans of couples around the globe. With stay-at-home orders, school closures, and job losses, couples have been forced to spend more time together than ever before. While this can be a positive thing for couples who are close, it can also be a source of stress and conflict for those who are not.

If you're struggling to keep your marriage afloat during the pandemic, you're not alone. According to a recent study by the American Psychological Association, 58% of couples report that their relationship has been negatively affected by the pandemic. But there is hope. With a little effort and communication, you can get through this challenging time and even come out stronger as a couple.



Couch Chronicles: How We're Surviving Marriage & the Pandemic by Steven Fawcett

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
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Here are some tips for surviving marriage in the pandemic:

Communicate openly and honestly

One of the most important things you can do during this time is to communicate openly and honestly with your partner. Talk about how you're feeling, both physically and emotionally. Share your concerns, fears, and hopes. By talking openly, you can help your partner understand what you're going through and how you need to be supported.

Spend quality time together

With everyone stuck at home, it's easy to let your relationship fall to the bottom of your to-do list. But it's important to make time for each other, even if it's just for a few minutes each day. Go for a walk, watch a movie together, or just talk about your day. Quality time together will help you reconnect and build intimacy.

Find common interests and activities

If you're finding it difficult to spend quality time together, try to find some common interests and activities. This could be anything from cooking to hiking to playing video games. Sharing activities together will help you bond and create lasting memories.

Be supportive of each other

The pandemic is a stressful time for everyone. It's important to be supportive of each other, both emotionally and practically. Listen to your partner when they need to talk, and offer help with childcare or household chores. By being there for each other, you can get through this together.

Set boundaries

It's important to set boundaries, both physical and emotional. Make sure you have some time each day to yourself, to de-stress and recharge. And don't be afraid to say no to your partner if you need a break. Setting boundaries will help you avoid burnout and resentment.

Seek help if you need it

If you're struggling to cope with the pandemic, don't be afraid to seek help. There are many resources available, such as therapy, counseling, and support groups. Talking to a professional can help you process your emotions and develop coping mechanisms.

Remember why you got married

In the midst of the chaos, it's important to remember why you got married in the first place. Think about the things you love about your partner, and the reasons you chose to spend your life with them. Remembering your love and commitment to each other can help you get through the tough times.

The COVID-19 pandemic is a challenging time for everyone, but it can be especially difficult for couples. By following these tips, you can survive marriage in the pandemic and even come out stronger as a couple.

Remember, you're not alone in this. Millions of couples around the world are facing the same challenges. With a little effort and communication, you can get through this together.

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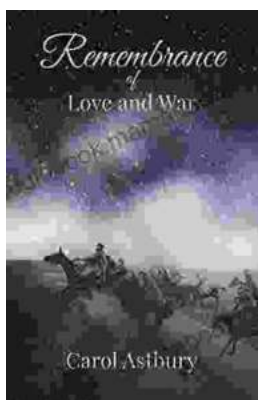
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