

Tip Sheet for Relationship Survival during Quarantine



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Mark Laing BA, Psychotherapist &
Relationship Expert, April 2020

- A) You are not responsible to entertain your partner 24/7.
- B) Introverts need alone time to recharge their batteries. Usually, about one hour a day will do.
- C) Extroverts need social time to recharge their batteries. Call your friends, Skype with the grandkids for example and yes, you can talk to your partner too!
- D) Monday to Friday, each night, take some time to plan out your next day. Just waking up and doing the day by the seat of your pants will quickly become a difficult job and it is easy to slip into apathy. A day without purpose and purposeful activities erodes your sense of value and purpose.
- E) This might be the time to write that article or book you have been putting off.
- F) Learn a new skill through watching a YouTube video.
- G) Take some time to read for pleasure, read to learn and read to be inspired.
- H) Do something creative like sketch a picture or use a colouring book for adults.
- I) Plan a date night once a week. It is a minimum of 2 hours. This is not where you talk about problems or hassles or beefs. The goal is to create a happy memory. Maybe play a board game or work on a jigsaw puzzle together or put a movie on and turn off the volume and assign a character to each but you provide the dialogue by what you are seeing.
- J) Strengthen family ties. Bake cookies or a cake with the kids. Create a family pizza where everyone suggests novel toppings. Get some bed sheets out and create a tent in the family room and have a camp out complete with candy/chips and hot dogs or hamburgers, for example.
- K) Exercise.
- L) Go to bed at a normal time and get up at your normal time.

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