

QUICK TIPS

Keeping The Love Alive



physical touch

When possible, keep the human connection. Hold hands, hug.



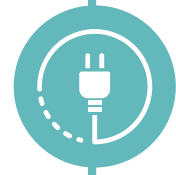
plan a date

An at-home 'Date Night' can be a great way to create a special moment together.



get playful

Engage in shared hobbies or interests or try a new activity or hobby.



unplug

Strategically plan "device-free time" with each other.



clarify expectations

Rather than expecting your partner to read your mind, don't be afraid to talk more directly about what you specifically need from them. If you have realistic expectations and you're clear about what you need, then you won't have a problem with resentment.



give love

Giving to others can help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.



give space

It's important to take time off and give each other a break. Schedule some 'me' time for each person in the relationship.



be intentional

Make a plan, make it important and make an effort to spend quality time with each other.



communicate

A healthy communication style can make it easier to deal with conflict and build a stronger and healthier partnership.



fight the right way

Remember you are on the same team. No name calling or shaming. It's not you vs. each other, it's you two against the problem.