

LifeSolutions

Living and working together

Couples in COVID-19 confinement



Quarantines and stay-at-home orders may mean that you're now confined to your home with your partner for an extended period of time. It can be a difficult adjustment, but there are some things you can do to help.

Communicate. It's important to let your partner know how you're feeling. Don't be scared to discuss your needs.

Stay positive and have fun! Use this time as an opportunity to dive into your relationship and learn more about one another. Try that new activity you've been meaning to get to!

Stay connected to family and friends. Make sure your partner isn't your sole source of social interaction. Maintaining other relationships via phone or video chats can help you feel grounded and connected while staying at home.

Establish your space. Living and working in close quarters can increase conflict. Establishing your own spaces for work and leisure can help.

Keep things structured. Try your best to establish a positive routine that works for you and encourage your partner to do the same. It's OK if your routines are different. Just make sure to respect each other's time.

Most importantly, remember that you are in this together. By working as team and extending greater patience and understanding to each other, your relationship and home can remain a source of stability and comfort in trying times.

LifeSolutions offers counseling sessions and can help you locate support resources in your area. If you have any questions, care managers are available 24 hours a day, 7 days a week at **1-844-833-0527**.

EAP services are private and confidential. They are available to you and members of your household at no cost. Call or email us to ask questions or schedule an appointment.

LifeSolutions is here to help
LifeSolutions@upmc.edu

lifesolutionsforyou.com
1-844-833-0527 (TTY: 711)

To access the Work-Life section of our website, go to **lifesolutionsforyou.com**, click login, and enter your company code.

References:

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