

# How We're Surviving Marriage During the Pandemic

The COVID-19 pandemic has completely transformed the way we live our lives. From our daily routines to how we interact with others, everything has been turned upside down. One area that has been significantly impacted is marriages and relationships.

Being confined to our homes, dealing with the uncertainties and anxieties of the virus, and adjusting to remote work setups has put a tremendous strain on many couples. However, amidst all the challenges, there is hope. Many couples have found innovative ways to not just survive but thrive in their marriages during these extraordinary times.

Communication has always been the cornerstone of a healthy relationship, but now more than ever, it plays a vital role in a successful marriage. The pandemic has forced couples to spend more time together, sometimes 24/7. While this can be challenging, it also provides an opportunity to deepen your connection with each other. Making time for intentional, quality conversations can help foster understanding and strengthen your bond.



## Couch Chronicles: How We're Surviving Marriage & the Pandemic by Steven Fawcett(Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 1955 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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In addition to communication, it's important to create separate spaces within your home. With both partners working remotely, finding dedicated areas for work can help establish boundaries and minimize distractions. This separation allows for a smoother transition between work and personal life, reducing stress and increasing productivity.

Another effective way to thrive in marriage during the pandemic is by prioritizing self-care. Taking care of your own mental and physical health is crucial, as it directly impacts your ability to be present and supportive in your relationship. Whether it's practicing mindfulness, engaging in regular exercise, or indulging in hobbies you enjoy, carving out time for self-care can provide much-needed rejuvenation.

Furthermore, finding shared hobbies or projects can bring couples closer. With limited options for outside entertainment, exploring new activities together can infuse excitement and fun into your relationship. Whether it's cooking new recipes, learning a musical instrument, or taking up gardening, these shared experiences can create lasting memories and strengthen your bond.

While it's important to make time for fun and bonding, it's equally crucial to acknowledge and address any conflicts that may arise. The pandemic has undoubtedly brought its fair share of stress and tension, and it's natural for disagreements to occur. Instead of avoiding conflict, embrace it as an opportunity for growth. Engaging in open and honest discussions can lead

to understanding each other's perspectives better and finding creative solutions.

Additionally, seeking professional help if needed is a sign of strength, not weakness. Marriage counselors, therapists, or relationship coaches can provide valuable guidance in navigating the challenges that arise during the pandemic. Their expertise can offer you and your partner tools to strengthen your bond and improve communication.

Lastly, gratitude and appreciation go a long way in maintaining a healthy and satisfying marriage. Expressing gratitude for your partner's efforts and acknowledging the small joys in life can create a positive atmosphere within your relationship. Celebrating milestones, no matter how small, can provide a sense of accomplishment and happiness during these trying times.

Surviving marriage during the pandemic requires resilience, adaptability, and a willingness to embrace change. By prioritizing communication, creating separate spaces, practicing self-care, finding shared hobbies, addressing conflicts, seeking professional help if needed, and expressing gratitude, couples can not only survive but also thrive in their marriages.

Remember, no one has all the answers, and it's okay to have bad days. The key is to keep working together, supporting each other, and finding joy in the little moments. With time, effort, and a positive mindset, you can not only survive but also strengthen your marriage during this challenging period.

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Dr. C. Nicole Swiner---wife, mother, best-selling author and publisher, family doctor and #nosuperwoman expert.

Ric Swiner--husband, father, veteran news anchorman and journalist, photographer, videographer and DJ Big Fella NC.

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This all began as an Instagram Live series, which was a lot of fun and, hopefully, there are little nuggets that we shared and will share here. We also did this for posterity, so that our kids can watch and read it later, when they grow up, and see how Mom and Dad survived the pandemic. We also wanted to carry on the tradition of what we've been doing for years for our friends and loved ones, which is give the best advice we can to singles and families about dating, relationships, love, marriage, parenthood and happiness. Many of these convos would literally happen on the couches in our home, so here's some of our favorite gems for you to have at your home.

We also did the IG Lives because....boredom. We were all in quarantine, trying to stay sane and keep our spirits up. Outside of working, homeschooling and being with the kids, there's not a lot of extra fun stuff to do. We had been listening to virtual DJs, and Ric has been dj-ing online as

DJ Big Fella NC, which has been incredible. So this was something else fun to do. We said, “everyone else is online,” so, we might as well jump in.

Note that the advice we give here isn’t the Gospel. But, it’s what worked for us for more than a decade and what we’ve experienced either ourselves or through our friends. Take it for what it is and leave what you don’t need.

However, here’s the disclaimer: Please check in with your medical or mental health providers for any questions or concerns you may have from these discussions. Nicole is a doctor but may not be your doctor. Ric just plays one on TV.

Now, let’s jump in.

With love,

Ric and Nicole



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