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COVID-19 Resources: Maintaining Healthy Relationships

Relationships are complicated in the best of times but the COVID-19 Pandemic has created an additional layer of stress, anxiety, and uncertainty for all of us. In order to foster and maintain healthy relationships we must create an environment of open and honest communication, trust, and mutual respect. These principles are the foundations on which healthy relationships can flourish.

COMMUNICATE

Effective communication is built upon two attributes that can be learned.
- The ability to be open and honest with each other.
- The ability to show respect for each other even during disagreements.
- Practice these communication skills to build trust within your relationship.

PROTECT

Protect those around you so that they feel safe and trusting.
- Maintain boundaries such as those between parents and their children and those between partners.
- To foster trust, make sure that others feel safe with one another.

BE FAIR

Fairness for all is critical for maintaining a healthy relationship.
- It is important that all are able to have their own identities, personalities, and alone time.
- Be mindful of your privileges and be willing to extend them to those around you.

NURTURE

Demonstrate love for others through physical and emotional connectivity.
- Playfulness, hugs, romantic gestures, and words of support strengthen healthy relationships.
- Quality time doesn't need to be in-person to be meaningful; long- distance relationships can benefit from virtual one-on-one time.