

# TIPS FOR COPING WITH STRESS AS A COUPLE

The COVID-19 pandemic can strain even the strongest relationship. Whether you and your partner are together more than usual, or precautions have kept you apart, here are ways to cope.



## Come up with a plan.

Uncertainty causes anxiety. Structure can help restore calm. Create a schedule with your partner. Decide together what your new normal will look like.



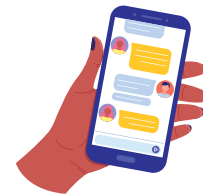
## Give each other space.

This is especially important if you're sheltering at home. If you share close quarters, carve out separate zones and honor them. Give each other mental space. Earbuds or headphones are ideal for this.



## Practice good communication.

Set aside time to talk when you're not distracted or overly stressed. If there's tension in your relationship, focus on the issue, not on who's right or wrong.



## Check in on each other.

If you and your partner are away from each other because of the pandemic, try to connect each day by video or phone.



## Be active.

Exercise is a great stress buster. Try to fit physical activity into each day. Find workout videos online and follow along alone or together. A personal health and wellness coach through [Military OneSource](#) or [CoachHub](#) can help you stay on track.



## Breathe.

Give each other some slack. Breathe deep, practice gratitude and remember why you love each other.

**MILITARY**  
**ONE SOURCE**

## Turn to Military OneSource.

[Military OneSource](#) is always here. We offer non-medical counseling, specialty consultations, tools and resources to help you and your partner through these challenging times. Call [800-342-9647](tel:800-342-9647) or start a [live chat](#) to speak with a consultant. OCONUS/International? Visit our [webpage](#) for calling options.