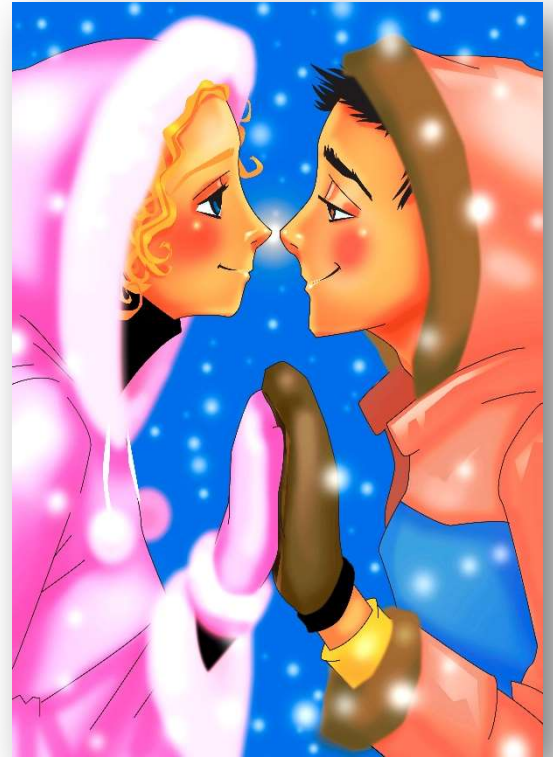


How to Strengthen Your Relationship During COVID-19

Living through a pandemic has changed every aspect of our lives. COVID-19 has put many things to the test and all we can do is take it one day at a time. There is plenty we can still do to strengthen our relationships during COVID.



1. Maintain Your Self Care Routine

- With so much going on in the world, it's important to make time for yourself by eating healthy, getting enough sleep, and throwing in some physical exercise.

2. Stay Active Together

- Exercising is a great way to reduce stress. Grab our Significant Other and try taking a walk or go for a run. Spending time together where you can talk and connect can work wonders to strengthen your relationship.

3. Plan a Date Night

- Set aside a Friday night to watch a movie or cook a meal together. Even just having coffee on the front porch as long as you're spending quality time together focused only on each other.