

# Is the New Normal Threatening Your Relationship? Here's How to Come Through It Stronger

Love, mutual support and respect, and passion are the very cornerstones of a successful relationship. However, over the past several months, it's likely that your relationship has been tested in more ways than one, so you will need all these traits more than ever. Many people find that even with pandemic restrictions eased, life feels unsettled at best. Job stress, financial stress, and changes in how you conduct your daily affairs can be challenging.

[Refreshing Times Counseling Center](#) hopes that with these resources, you can explore how you can take care of your relationship—and yourself, while you're at it—so it not only survives, but *thrives* in these difficult times.

## Identify Types of Stressors

There is an old saying that when you point the finger at someone else, you have four fingers pointing back at yourself. It's all too easy to blame your partner when you aren't getting along, but there could be other issues contributing to stress in your relationship. Take a look at your and your partner's circumstances with fresh eyes, and consider what could be triggering trouble.

[Maintaining Work-Life Balance is the Top Stressor for Managers](#)  
[Why Mess Causes Stress: 8 Reasons, 8 Remedies](#)  
[How to Protect Your Marriage From Your In-Laws](#)

## Support Each Other

For your relationship to survive long-term, being the go-to for your partner is a must. Yet sometimes it's not a lack of willingness to support someone, it's a lack of tools. Ensure you have what you need in your toolbelt with the following resources.

[How to Show Thanks Based on Love Languages](#)  
[9 Things To Do In Your Relationship To Survive Tough Times](#)  
[How to Cope When Your Partner Shuts Down](#)

## Keep the Fire Burning

Is your relationship sizzling or fizzling? Making sure things are warm and cozy instead of cold and clammy will help you stay strong throughout the future. Think about these ideas for keeping the spark alive, now and down the road.

[Never Stop Flirting With Your Partner](#)  
[25 Stay At Home Date Night Ideas That Are Better Than Netflix](#)

## Focus on Yourself as Well

Having the energy to keep up your obligations, both personally and professionally, doesn't come without care. Your relationship, and everything else in your life, will suffer if you don't make your own health and well-being a priority. Do a self-check on your self-care regimen, ensuring you have all your bases covered.

[Connect with Refreshing Time Counseling Center](#)  
[Developing A Self-Care Plan](#)  
[5 Types of Meditation You Can Do at Home](#)

True, this new normal is challenging and you need solid coping mechanisms to make a go of things. But the fact is, love and passion remain essentially the same. So don't lose sight of that because you and your partner will get through this yet.



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