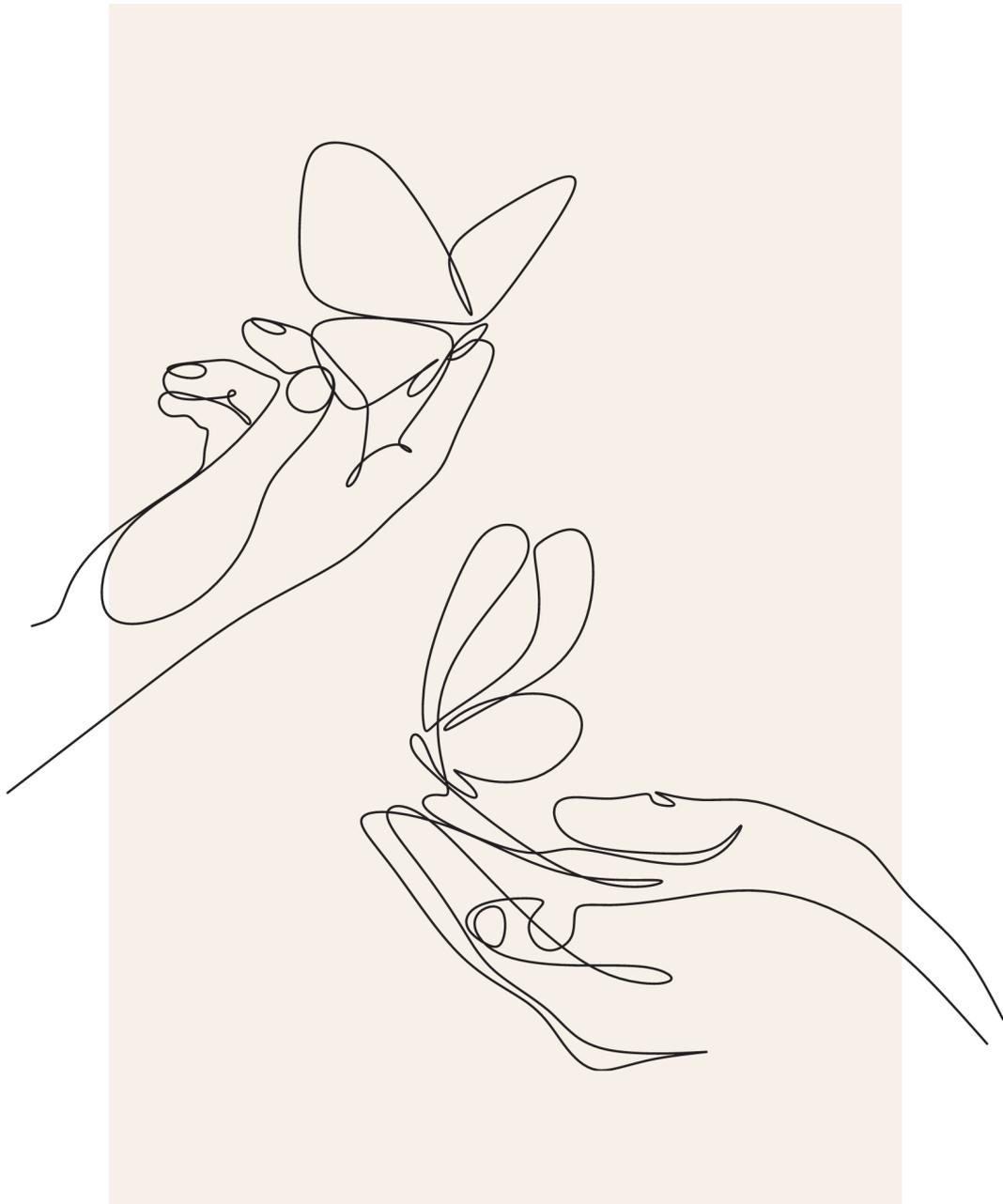




WEEKLY NEWSLETTER



Couples and COVID

By: Samantha Scuderi, LMFT

After almost two years of a pandemic, it is still challenging. Life seems harder, it's frustrating, and the world can feel heavy. Will this ever end? When will we return to normal? You might have noticed changes in your relationship. COVID-19 has placed a strain on many couples. Some couples are juggling working from home, childcare, loss of a job, loss of a loved one, financial stressors, etc. If this sounds similar to your current situation, you are not alone. Here are some tips to help maintain a healthy, strong relationship with your partner even with an immense amount of stress.

Tip #1: Be kind. John and Julie Gottman have found 4 ineffective styles of communication that we want to avoid (criticism, contempt, defensiveness, and stonewalling). Criticizing your partner makes matters worse, be curious about their needs/feelings/desires. Contempt is hurtful and being sarcastic, mocking them, and name calling will drive your partner away. Becoming defensive is a normal response, however, it makes our partner not feel seen or heard. Lastly, stonewalling. This pandemic has taught us how much we need connection, do not ice out your partner.

Tip #2: Advocate for yourself. Even when overwhelmed, it's more important than ever to engage in self care and let our partners know when we need it. Self care needs to be intentional. Take a nature walk, meditate, practice yoga, color/draw. It is about time for yourself (even if it is only 5 minutes).

Tip #3: Focus on the problem and the problem is COVID. You and your partner are on the same team against COVID. Blame COVID for the inconveniences that we are still adjusting to due to the pandemic. A study from Social Psychological and Personality Science, found that couples were able to maintain a healthy relationship when they did not blame each other for the stressors.

Tip #4: Create a new measuring stick. This is for all the people who say "but I could manage it before!" We need to set new expectations for what we can handle during a pandemic. Talk with your partner about the new normal, the "old ways" might not work anymore, and that is okay.

Tip #5: Don't avoid your emotions. Tell your partner how you are truly feeling. Is it anger, sadness, fear, grief, relief? All feelings are valid and there is no wrong way to feel. Validate the emotions your partner is experiencing, even if you don't agree.

Bonus Tip: Share how much you appreciate your partner.

References:

<https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>

<https://www.scientificamerican.com/article/its-not-you-its-covid-couples-who-blamed-pandemic-for-tensions-stayed-happier/>

<https://news.berkeley.edu/2020/04/14/tips-for-couples-on-how-to-weather-covid-19-cabin-fever/>

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Intensive Outpatient Program (11-18)
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Social Club
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group

Krippa Family Psychological & Wellness Services

SOCIAL SKILLS GROUP

AGE 8-12
WEDNESDAY FROM 6-7PM

LEARN SKILLS RELATED TO:
-MANAGING EMOTIONS SUCH AS ANGER
-UNDERSTANDING EMOTIONS
-LEARN HOW TO INTERACT WITH OTHERS IN HEALTHY WAYS
-MAKE FRIENDS

\$50 PER GROUP
(919) 893-9444
HEIDI@NCPSYCHOLOGIST.COM



DEPRESSION & ANXIETY GROUP (16-18)

IN PERSON
THURSDAY FROM 6-7:00 PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:
-CHALLENGE NEGATIVE THINKING
-DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
-UNDERSTAND ANXIETY & DEPRESSION
-LEARN MINDFULNESS STRATEGIES
-IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

Krippa Family Psychological & Wellness Services

PARENTING GROUP

skills to help your teen manage intense emotions



FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group
Wednesdays at 7pm
\$200 deposit
1-833-NCPSYCH 1-833-627-7924

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

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