

or irritable. The key here is to exercise good communication about what you need to recharge. Perhaps it's an evening or two a week where you hang out in separate rooms, one of you lost in a book while the other party watches a movie with friends. Get creative! By nurturing your social/solitude tendencies, you have more energy to be fully present with each other.

**Possible Strain #4:** Not setting aside any designated couple time.

*"We're spending more time together than ever, isn't that enough?"*

**Strengthening Solution:** Remember, quantity doesn't equal quality. You could spend all day within arm's reach of each other, never truly connecting. Even if you're around each other 24/7, you're likely doing many other things during that time – supervising the kids, working, household chores, etc. You're not really focusing on each other or your relationship. Set aside time, whether it's once a day or once a week – to focus on yourselves as a couple. Consider it another form of self-care. Put a movie on for the kids or literally schedule a "date" on your calendar. Dress up for the occasion. Whatever it takes. Your relationship is important and deserves to be nurtured.

**Possible Strain #5:** Getting caught up (or bogged down) in petty issues and disagreements.

*"I'm still bitter about that fight we had about how to load the dishwasher, and we've got nothing but time to rehash it."*

**Strengthening Solution:** If you're spending a lot of time at home with your partner, sometimes those little issues start to fill your field of vision. Zoom out to see the bigger picture. At the end of the day, what is truly important? What are you grateful for? Your family's health? Your job? Having a supportive spouse? Take a few minutes each day to reflect on this alone or with your partner. And if possible, spend some time outdoors. Sometimes the actual physical act of getting out, breathing in fresh air, and taking in the expanse of sky above you can help when your world is feeling a little claustrophobic.

From: <https://blog.prepare-enrich.com/2020/04/5-ways-to-come-out-of-this-stronger-than-ever/>