

TIP OF THE MONTH

Love in the Pandemic

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“The only thing more precious than time is who you spend it with.”

-Leo Christopher

The COVID-19 pandemic has lasted nearly a year. If you're feeling like your relationship could use some invigoration, here are a few suggestions for COVID-safe things to do with your loved one.

Plan a future adventure

Take advantage of the idea of a Pinterest board and plan a trip to take after casual travel is allowed again.

Take a virtual museum tour

With many museums closed to the public, they've moved the experience online. Use that to your advantage and explore some of the most renowned art in the world.

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Create a movie bucket list and check some off

Maybe some classics? Some chick flicks? Movies you've been meaning to watch for a year and just never gotten to it? Movies to hate-watch? Check off all of them and have a movie marathon after a long day of working at home.

Have an indoor picnic

Just use any blanket, some candles, a wicker basket to make it especially realistic and some of your favorite food, and you have yourself a perfectly safe and delicious picnic within your home.

Take a relationship test

Understand you and your partner's relationship better by taking one of these tests:

- [Enneagram](#)
- [Love Languages](#)

Start a two person book club

Pick out a list of novels, poetry book, short stories, picture books, etc. to enjoy together and discuss as each chapter passes by. Maybe even read the chapters together?

Stay in shape together

Try an at-home workout! Use some Youtube videos on yoga, ab workouts, arm exercises, or anything else and get sweaty with your sweetie.

Take a couples cooking class

There's never a better place for fun, laughter, and bonding than in the kitchen. Check out this [Nigerian virtual cooking class](#) - it's a perfect idea for a date night, or [this option from Monticello on March 12](#).

Explore a relationship course

Through her [virtual course](#), you can learn from world-renowned couples therapist, Esther Perel, and discover a wide range of approaches to rekindling intimacy and developing a relationship in which you feel vibrant and inspired.

Try something new together

Brainstorm activities you have never done together – there are lots you can come up with that are COVID-safe. Have you played tennis or golfed before? Have fun opening up to new things and enjoying one another's reactions.

Volunteer together

Volunteering can be pandemic friendly – from organizing a neighborhood food drive to cleaning up trash along a trail. You might find volunteering pushes you outside of your comfort zone and into personal growth.



If you are interested in strengthening your relationship, we welcome you to reach out to FEAP by email feap@virginia.edu or phone **434.243.2643**.

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