Love in the Time of Corona

What to do with your partner during a time of quarantine

By: Deb Early, LPC, ideas taken from Elite Daily

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

Things to do with your loved one:

Plan a future adventure with your loved one
Take advantage of the idea of a Pinterest board and plan a trip to take after casual travel is allowed again.

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.

Start a 2 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 and do an at-home workout
Use some Youtube videos on yoga, ab workouts, arm exercises or anything else and get sweaty with your sweetie.

Take some virtual museum tours
Now that most museums are closing to the public, they’re putting the experience online. Use that to your advantage and explore some of the most renowned art in the world.

Take a personality test
Understand you and your partner’s relationship better by taking one of these tests:

Enneagram 
http://similarminds.com/test.html

Love Languages
https://tinyurl.com/y6ndq9sg

Myers-Briggs
https://psychcentral.com/quizzes/personality/start.php

Make a movie bucket list and check some off
Maybe some classics? Some chic-flics? Movies you’ve been meaning to watch for 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.

UVA FEAP is OPEN and remains available to you even during this time of social distancing and self-quarantine. Contact us for individual and team support via phone or HIPAA compliant ZOOM.

UVAFEAP.com or (434) 243-2643