



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:



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 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.

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 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>

PANDEMIC

BY PAM UNGAR

What if you thought of it as the Jews consider the Sabbath- the most sacred of times? Cease from travel. Cease from buying and selling. Give up, just for now, on trying to make the world different than it is. Sing. Pray. Touch only those to whom you commit your life. Center down.

And when your body has become still, reach out with your heart. Know that we are connected in ways that are terrifying and beautiful. (You could hardly deny it now.) Know that our lives are in one another's hands. (Surely, that has come clear.) Do not reach out your hands. Reach out your heart. Reach out your words. Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.

Promise this world your love-- for better or for worse, in sickness and in health, as long as we all shall live.

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.

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.

Make a movie bucket list and check some off

Maybe some classics? Some chick-flicks? 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