



Love Cycles presents

Love Skills

Discover the 10 New Relationship Rules During the Pandemic

For Yourself

1. Nourish your physical self; eat well, sleep as well as you can, and move. Go outside and look at the natural world; it's not a cliché. Multiple studies have shown that you can reduce stress by simply touching a tree! We need the outdoors, the change of seasons, the sound of life to remind us the world is bigger than the confines within which we currently live.
2. Nourish your mental health: 1) try to stick to a routine, 2) look for ways you can impact others positively, 3) challenge yourself to grow mentally but without stretching yourself thin. Allow yourself to take it easy by finding simple ways of nourishing yourself mentally and spiritually, 4) as humans, we find meaning in almost anything—so challenge yourself to find some positive meaning in this difficult and scary time we are facing.
3. Avoid "Toxic Positivity" or "Toxic Negativity." The practice of mindfulness is to be with what is, not embellishing our feelings, becoming "silver lining junkies," or pushing it away and denying what we feel. Allow whatever "it" is to come into your awareness and in the same way, let it leave.

For All Your Relationships

4. Do your best to stay connected with others: join groups, find old friends, call that cousin you haven't spoken to in a year. We are used to a lot of social interaction. If you are an introvert it may be harder for you to reach out, but it is an important part of your well-being, so make time for it.
5. Give others the space to manage their unique ways of handling all the information coming in without making them wrong: let them feel bad, good, or indifferent about what's going on. Most of us are living with anticipatory anxiety, even anticipatory trauma and we each have to find our own unique way to live with it.
6. Don't scold, advise or lecture others on doing too much or too little. Instead use the Three Magic Words to find out how their situation is for them: 'Tell Me More'.

For Your Intimate Relationship

7. Remember that your partner is not you; some people need a lot more connections than the other. Respect the new invisible boundaries and make time both to be apart together and to be together.
8. Set time aside for difficult conversations. Keep these appointments so that the problems are dealt with and the negativity does not extend for days. And even when it's tense, tough, and tiring, make time for those "sliding door moments."
9. Enjoy the strength of your sexual relationship, or practice acceptance for the lack of it. Wherever you are sexually, don't stop nourishing one another physically and emotionally. We all need touch and a human connection (try a melting hug).
10. Finally, follow this advice from a POW Camp survivor, Phyllis Pilgrim from Rancho La Puerta: "Every day, think something beautiful, see something beautiful, say something beautiful."