



oneLove

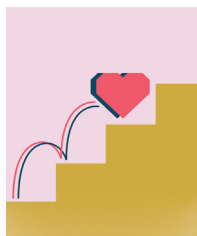
# What Healthy Relationships Look Like During COVID-19

With everything happening in the world right now, it's clear that we all need love more than ever. It can be challenging at times to practice healthy behavior while living in such close quarters. But these 10 signs and corresponding examples are a way for you to bring more healthy behavior into your relationships during COVID-19.

Healthy relationships bring out the best in you and make you feel good about yourself. A healthy relationship does not mean a "perfect" relationship, and no one is healthy 100% of the time, but the signs below are behaviors you should strive for in all of your relationships.

## Healthy Sign

## COVID-19 Example



### Comfortable Pace

The relationship moves at a speed that feels enjoyable for each person.



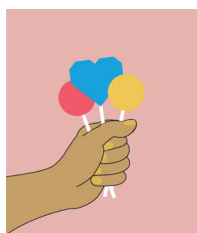
### Honesty

You can be truthful and candid without fearing how the other person will respond.



### Respect

You value one another's beliefs and opinions, and love one another for who you are as a person.

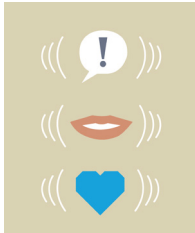


### Kindness

You are caring and empathetic to one another, and provide comfort and support.

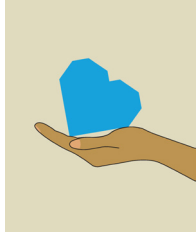
- Giving everyone patience and space to adjust to the "new normal," including yourself
- Not feeling pressured to see or move in with a partner
- Being open and candid about feelings, needs, and boundaries instead of letting them simmer while together or apart
- Respecting digital boundaries and making sure there's enthusiastic consent before sharing explicit photos (Note: If choosing to share explicit photos, consider the unhealthy power imbalance this can create)
- Being understanding of people's reactions to the COVID-19 situation (ex. mental health, job loss, physical health)
- Do small, thoughtful acts for those around you daily
- Do research into ways you can help your community (ex. safely delivering food to the elderly)

## Healthy Sign



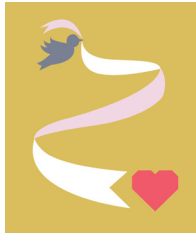
### Healthy Conflict

Openly and respectfully discussing issues and confronting disagreements non-judgmentally.



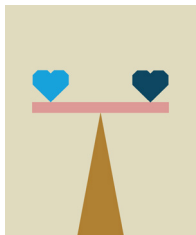
### Trust

Confidence that your partner won't do anything to hurt you or ruin the relationship.



### Independence

You have space to be yourself outside of the relationship.



### Equality

The relationship feels balanced and everyone puts the same effort into the success of the relationship.



### Taking Responsibility

Owning your own actions and words.



### Fun

You enjoy spending time together and bring out the best in each other.

## COVID-19 Example

- Setting boundaries with others and approaching the conversation with patience and care
- Taking time to cool off when needed
  
- Trusting that your partner or friend is not doing anything to put themselves or you at risk for exposure to COVID-19
- Trusting your partner's actions and assuming they have the best intent even if you aren't able to physically be together
  
- Setting aside time for independent activities (ex. reading, journaling, playing a game on your phone)
- Making time for self-reflection and self-care
  
- Sharing common spaces and household responsibilities
- Having conversations about everyone's needs and safety
  
- Acknowledging your own feelings of stress, anxiety, and fear and not allowing those negative feelings to impact your interactions with other people
  
- Countering news and stress surrounding COVID-19 by making space for lighthearted activities with others (ex. board games, craft projects, group FaceTimes)