

Welcome! Thanks for joining us today.

The EAP **Couples** session will begin soon.

While you are waiting, please type any questions you would like us to answer today in the Chat Box for the presenters.

# COUPLES: MANAGING YOUR WAY THROUGH COVID-19



WASHINGTON STATE

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Kari Uhlman, LMHC

# Working from Home

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- ❑ Plan in 24-hour chunks
- ❑ Establish zones
- ❑ Work in shifts
- ❑ Find the positives
- ❑ Make “friends” with your anxiety



# Couples

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- Acknowledge the shift
- Check in daily
- Don't treat your partner like a co-worker
- "Self-differentiation"



# Couples

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- Have a signal
- I feel..., I need...
- Continue to learn and grow in your ability to communicate
- Managing conflict



# EAP is here to support you

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- Free for you and your family
- Confidential
- Easy to access
- Expert professionals
- Practical help
- From everyday concerns to serious issues
- Caring and respectful
- Culturally relevant
- Supporting the WHOLE person



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# Resources

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- CNN – [7 Tips to Survive Working from Home with your Spouse](#)
- Gottman Institute – [The Gottman Institute](#)
- Gottman Institute – [Eight Dates](#) by John Gottman, Ph.D. & Julie Schwartz Gottman, Ph.D. (book)
- Gottman Institute – [How to Fight Smarter: Soften Your Start-Up](#)
- Gottman Institute – [The Four Horsemen: Criticism, Contempt, Defensiveness, and Stonewalling](#)
- Gottman Institute – [The Seven Principles for Making Marriage Work](#) by John Gottman, Ph.D. & Nan Silver (book)
- Johnson – [Hold Me Tight](#) by Dr. Sue Johnson (book)
- MSN - [How to Work From Home Without Losing it With Your Partner or Kids](#)
- NAMI – [COVID-19 Resource and Information Guide](#)
- Newsweek – [How to Ensure a Coronavirus Lockdown with Your Partner Doesn't End in Divorce](#)
- Parade – [Love in the Time of Coronavirus-6 Tips to Protect Your Marriage While Quarantined](#)
- Psychology Today – [Can Your Relationship Survive Too Much Togetherness?](#)
- UC Berkley – [Greater Good's Guide to Well-Being During Coronavirus](#)