MAINTAINING A HEALTHY RELATIONSHIP with YOUR LOVED ONE while SOCIAL DISTANCING

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We hope you, your family and loved ones are healthy, safe and staying productive. This is truly a different time in our world with people working from home, the kids not in school, social distancing and the uncertainty of when life will be back to normal. Many of you are not used to spending sooo much time with your loved one and it can get a bit stressful at times.

We are getting through each day just like everyone else, we don't always agree and see eye to eye, but one area that we feel we have mastered (97% of the time) is spending **EVERY**day together. Spending everyday together is normal life for us. We have been married for 8 years and business partners for 7 years. Not all couples can work together, or spend a lot of time together, but it **WORKS** for us and we wouldn't have it any other way!

One advantage we have is that Tod has been teaching communication skills and how to communicate with different personality types for 20+ years. Our personality types are totally opposite, which means we don't always agree, but since we are aware of each other's needs and why we act and think differently, it helps us understand and respect each other's point of view. Our solid relationship didn't just happen overnight, it has taken years to get to the level of trust and respect we have for each other. We are not perfect... nobody is, which is why we continually work on our relationship. Just like everything in life, the more effort you put in the more desired and lasting result. One of our favorite quotes is : "*The Grass Is Greener Where You Water It*".

Owning a business together and spending so much time together we have learned how to navigate on life's roller coaster of highs and lows. **TOGETHER** is key. The last few weeks we have witnessed couples arguing in public and tensions higher than normal. Relationships will be tested in the coming weeks with spouses working from home, children at

home and social distancing from friends and colleagues. We hope that by sharing what works for us will help inspire couples through this difficult time and be thankful for each day they get to spend together. During this tense time focus on being kind and patient, and your relationship just might be stronger when this is all behind us.

COMMUNICATE

Open, honest communication is key to all healthy relationships. **TALK**. Talk about everything. Be vulnerable. We are human and need communication.

TALK to each other about the current situation happening in our world and how it affects you and your loved ones.

TALK about finances, make sure you are both on the same page moving forward. Finances seem to always be a hot button for most couples, and now you throw in the unknown of employment, the economy, not knowing when society will function normally again... This is a lot to think about!

If needed, **TALK** about Plan B for employment or if you are an entrepreneur Plan B regarding your business. Have honest open conversations. We converse daily regarding how COVID-19 has affected our lives personally and professionally.

HEALTHY LIFESTYLE

We not only work together we workout together! Now is a great time to help keep your loved one accountable and motivated to make health a priority. We need our body and immune system healthy now more than ever.

Trips to the market are less than normal. Buy healthy items, if you don't have junk food on hand you won't be tempted to eat it. We buy a few comfort food/binge items, but we definitely do not splurge on a daily basis.

Exercise together. Go for walks, jog, take a bike ride, hike, get outside and breathe in fresh air, absorb the sunshine! Of course keep distance (recommended 6 feet) from others out doing the same thing. #socialdistancing

Take supplements daily to help keep your immune system strong. We faithfully take several daily supplements. Following are a few of our daily supplements (and a daily routine):

- B12
- Vitamin C
- Vitamin D
- Probiotic/Prebiotic
- Daily drink first thing in the morning before coffee/tea:

1/2 fresh lemon squeezed into a 12 ounce glass of warm water. (you can also add 1 TBSP apple cider vinegar & a dash of cayenne pepper. ***This concoction will jumpstart your digestive system!***

Being quarantined at home isn't an excuse to sit on the sofa, eat junk food, drink alcohol, take drugs or prescription meds to feel good. Keep your regular routines (shower, good hygiene, keep the house clean and organized, exercise). Staying healthy will make you feel better than anything else long term.

STAY POSITIVE

You **CAN** control your mind and actions. Once you start thinking a negative thought, immediately switch it to a positive thought (something you are grateful for). Fill your mind throughout the day with more positivity than negativity. Read positive books, speak positive words, listen to positive podcasts, talk to positive people, don't spend a lot of time on social media, don't watch the news for hours (they usually repeat the same stories over and over). Negativity will only create unnecessary stress.

RESPECT EACH OTHER

When loved ones respect each other, they have more patience with each other and being together 24/7 requires **A LOT** of patience. Respect is important for a healthy and resilient relationship. During trying times a relationship with resilience can weather the storm and bounce back quickly. Relationships are 50/50, if one partner is putting in more effort the imbalance will put a strain on the relationship and the person doing all the giving will eventually feel resentful.

LAUGH

Laughing relieves tension and stress. We think everyone could use a good laugh right now! Laughing boosts T-cells. T-cells are specialized immune system cells just waiting in your body for activation. When you laugh, you activate T-cells that immediately begin to help you fight off sickness.

What makes you laugh? Watching a funny show? Listening to a comedian? Most often we make each other laugh because we say something silly or do something silly.



KEEP THE INTIMACY ALIVE

Intimacy is important for many health reasons no matter how long couples have been together. Intimacy (sex, hugs and kisses) release feel-good hormones that give you a natural high and strengthens emotional connection. Another benefit is reducing STRESS!

Every morning we hug each other. Every night before we go to sleep we kiss goodnight. Daily habits such as these help keep us connected.



Stay Safe & Healthy, ♥The Novaks