

# Capital EAP

## Cohabiting during COVID-19 Tips and Resources



In the midst of a pandemic, it can be difficult to feel safe, keep the anxiety at bay or know how to live at home (ALL of the time). Depression, anxiety and tension are all normal experiences that may cause issues within the dynamics of the relationships within your household. This time is calling for us all to be extra mindful in order to nurture ourselves and maintain successful relationships. Here are some tips and tricks for different cohabitation arrangements. If you are concerned for your personal safety, please reference the hotlines and safe spaces provided or reach out to a counselor.



To create a happy household during this time, it helps to equally divide household chores. Keeping a clean space helps with mood and ability to focus for those working or schooling at home. In maintaining that cleanliness, establish a cleaning routine to prevent Covid-19 and agree how to care give if one does get sick. For the mental health of the household, have a designated time to listen to the news and then turn it off. It's important to stay informed and make time for play. Creating a household or individual schedule helps maintain this balance. This time is uncertain so a household financial plan will alleviate some extra stress.

### Basic Tips

You and your partner may be experiencing stress in finding the balance needed for a harmonious existence right now. Take time to nourish your relationship and try new activities. To show appreciation, try sending each other a text or email at the end of the day naming your favorite moment with them. Have a fancy dinner in as a "Quaran-date" or learn a new dance routine.



### Couple's Activities



Having roommates can be great in quarantine as you are not isolated. This can also be incredibly frustrating! Some of you may be working at home while the others are not employed, there may not be agreement on how to handle the pandemic and what rules to adhere to. Here are some links to relatable articles and tips:

**"Trapped at Home With People You Met on Craigslist"**  
[www.google.com/amp/s/amp.theatlantic.com](http://www.google.com/amp/s/amp.theatlantic.com)

### Roommates

**"How Families and Roommates can Effectively Self-Quarantine and Self-Isolate"**  
<https://hub.jhu.edu/2020/03/23/how-to-self-quarantine-and-self-isolate>

Fighting Fair can apply to couples, families and roommates. With Fighting Fair it is important to foster a space where communication is welcomed instead of squandered. Try using language that fosters productive discussion, like "I feel" statements instead of "you" statements, which typically puts the other person on the defense. If you find yourself in a conversation that's becoming very emotionally charged, take some time to center yourself. Finding a quiet space and take a few deep breaths. Agree to take a break if voices raise. When people are yelling, no one is listening. For more tricks on fighting fair visit:



**"Fighting Fair in A Relationship"**

[www.heysigmund.com/fighting-fair/](http://www.heysigmund.com/fighting-fair/)

## Fighting Fair

Illness and disease predates this spread and many of us find ourselves in the position of having to be extra cautious as we care for our at-risk loved ones. Some of us have found our self at this crossroad for the first time as a loved one contracted corona virus. The following links have health care tips for our ill family during the pandemic and some for us on how to provide the best care and protect ourselves:



**Tips for caring for the elderly:**

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-caregiving-for-the-elderly>

**Tips for caring for those with dementia:**

[https://www.alz.org/help-support/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/coronavirus-(covid-19)-tips-for-dementia-care)

**Tips for caring for those with cancer:**

<https://www.curetoday.com/articles/expert-offers-patients-with-cancer-caregivers-tips-for-handling-covid19>

**Tips for caring for Covid-19:**

<https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are--sick/care-for-someone.html>

## Care Giving

Many parents are learning how to homeschool their children. Often times they are also balancing transitioning to working at home and becoming a full-time teacher. Feeling unprepared and overwhelmed with limited resources can make this task seem impossible. When taking on this balancing act, boundary lines and time for self-care will be crucial for success! These two links provide tips and extra resources for the homeschooling transition:

***"Keep Calm, Learning is On!"***

<https://go.edmodo.com/tips-and-resources-for-parents-to-support-learning-at-home>

***"Tips On Making Distance Learning Successful For Your Child"***

[www.homeschool.com/articles/iqacademy4/](http://www.homeschool.com/articles/iqacademy4/)



## Homeschooling

# Domestic Violence

## During Covid- 19



The normal routine of life may have provided relief from an abusive relationship in your household. The pandemic can provide more opportunities for abuse or new types of abuse. if you identify with this, please follow these guidelines and have the contacts available to you.



Create a safety plan that is personal and practical. Look at places you can stay if needed, including the local domestic violence shelters. Have emergency numbers on speed dial. Safety plans can also include knowing how to cope with emotions, informing friends and family about the abuse and gathering information if legal action is needed. Effective safety plans are unique to everyone.

**If you need help creating your safety plan visit:**

<https://www.thehotline.org/help/path-to-safety>

### Safety Plan

It's crucial to practice self-care. make sure you are meeting your basic needs to the best of your ability. This includes sleep and proper nutrition. If you can incorporate physical activities it will raise your dopamine levels and help you maintain a positive outlook as you continue to figure out the best next steps for your safety. Living in an abusive space can keep you tensed up and running on adrenaline, try and incorporate calming activities into your day if it is possible to do so safely.



### Self-Care

### Reach Out for Help

Maintain social connections online or over the phone. If it is safe, try and stick to your daily routine. For extra support the hotline operates **24/7** at **1-800-799-7233** or text **LOVEIS** to **22522**.

#### Emergency Shelters:

Equinox Domestic Violence Shelter: 518-432-7865

YMCA Northeastern NY: 518-374-3386

Unity House of Troy Inc.: 518-272-2370

