

COVID-19: How the pandemic has changed our relationships

As the COVID-19 situation is progressing and the Government guidance continues to develop as lockdown restrictions are eased, our relationships may continue to change. It is interesting to reflect on how our relationships have changed throughout the COVID-19 pandemic and how they may alter as lockdown measures are eased. For some people, the COVID-19 pandemic may have strengthened their relationships with their partner, spouse, family and friends. For others, this may be a completely different story. Care first is an independent and confidential counselling, information and advice service available to you free 24 hours a day, every day of the year.

The current COVID-19 situation may be making people feel anxious about their relationships; and not just around emotional issues, but also regarding practical elements such as “what would happen to our joint finances if we got divorced” for example. As well as our Counsellors being available 24/7 to support with emotional issues, a team of Information Specialists are available Monday to Friday, 8.00 am to 8.00 pm to answer any practical queries you may have.

Like each and every one of us our relationships are unique. Good relationships can bring such happiness to our lives and have a positive effect on our mental health. Bad relationships can do exactly the opposite and may cause stress, anxiety and even depression. To have successful relationships can take work, effort and dedication in any “normal” time. But how have our relationships been changed by the COVID-19 pandemic?

The COVID-19 lockdown may have had a detrimental effect on many relationships. We can see from the press and recent research that the instances of domestic violence and abuse has risen significantly by around 25%. During pre-COVID-19 times couples in abusive environments may have spent less time together by going out with their friends or doing the school run for example, but during lockdown this would not have been possible resulting in them feeling trapped.

It is also important to recognise that the COVID-19 lockdown may have helped to strengthen some relationships. It may have been that an individual was away a lot with work and during lockdown they have spent a lot of quality time with their family at home bonding. This could have really strengthened the relationships they have with their family. However, with lockdown measures easing and life slowly returning to a “new normal”, it raises the question whether these relationships are able to be maintained in the same way as they were during lockdown? When the individual starts working away again will there be the time for the family bonding that they had during lockdown? It is interesting to consider how these relationships may be different moving forwards.

Please also see the below articles on “How the COVID-19 pandemic has changed our relationships”

- <https://theconversation.com/lockdown-funnelling-how-the-pandemic-has-changed-our-relationships-141831>
- <https://www.bbc.com/future/article/20200601-how-is-covid-19-is-affecting-relationships>

If you would like to learn more about “**How the pandemic has changed our relationships**” then please join our webinar on Thursday 30th July at 14:00 using the details below –

<https://attendee.gotowebinar.com/register/1002240441516991755>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place. If you wish to contact the Care first telephone counselling and information line then please don't hesitate to call the Freephone number provided by your organisation and you can speak to a professional in confidence.