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

Presented by: Matt Gilbert, LMFT
Kari Uhlman, LMHC
Working from Home

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

- Acknowledge the shift
- Check in daily
- Don’t treat your partner like a co-worker
- “Self-differentiation”
Couples

• 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

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

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Resources

- CNN – 7 Tips to Survive Working from Home with your Spouse
- Gottman Institute – The Gottman Institute
- 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