**Mental Health Minute**

**AUGUST 2020, ISSUE 3**

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**LOVE IN THE TIME OF CORONAVIRUS**

A need for connection is universal and human. COVID-19 has impacted our usual ways of forming and maintaining relationships, and dating in general.

**Single and thinking of dating? Consider the following:**

- **It is ok to take a break from dating.** Staying at home might not mean having more time, and dating is not an assignment to complete.
- **Go on virtual dates**, and be mindful of Zoom fatigue. Get creative!
- **Be honest and use assertive communication.** If meeting in person, engage in a discussion about safety (e.g., physical distancing, wearing a mask, safe sex) and expectations for dates beforehand.

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**TIPS & RESOURCES**

The New York City Health Department released this guide for safe sex practices during COVID-19: [Safer Sex and COVID-19](#)

**Ideas for virtual dates:** Virtual museum tour, paint nights, escape rooms, cooking/eating the same dish at the time.

**If going on an in-person date, think outdoors!** Picnic, hike, play tennis, go on physically distant walks.

**Zoom fatigue?** Consider sending care packages to your partner. Create a bucket list of what you would like to do when you see one another. Bring back letter writing!

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**Ready to connect and support one another?**

Many students are using our workshops and drop-in groups to receive and provide support. Join us! [https://counseling.uci.edu/services/groups.html](https://counseling.uci.edu/services/groups.html)

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**In a relationship or situation-ship? Consider the following:**

- **Relationships evolve and that’s OK.** The quality of your relationship changes with time and contexts (i.e., quarantine, stress, work, illness).
- **Make communication a priority!** Be assertive and use “I” statements while addressing concerns and establishing healthy boundaries.
- **In a long-distance relationship?** Focus on quality time and engage in activities together. Protect time in your schedule for your partner.
MEET THE NEWSLETTER TEAM!

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Have requests and ideas for topics the newsletter can address?

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