

# Groundhog Day: Couples Edition

**"Breaking out of the Monotony and into Rediscovering your Relationship ."**



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# Workshop Overview:

This workshop was designed to help provide the following:

- Ways to manage Stress Together.
- Tips to improve Communication.
- Effective Goal Setting.
- How to find Quality Time for each other.
- Provide helpful Quizzes & Resources.



**Make sure you Download the packet which contains Resources & Handouts. This allows you to utilize all the techniques you learn in this workshop.**

# Ever get that Groundhog Day Feeling:

Let's face it 2020 has been a year filled with uncertainty, stress and constant changes, which has caused increased pressure & strain on families, Couples and Marriages.

The rut & monotony Couples find themselves in is a combination of many things and it can feel like everyday's filled the same emotions, thoughts, and feelings about their relationship.

We have all felt at times like we were just going through the “motions” and doing what we had to do to make it through the week. That can happen in Relationships as well, often Happily Ever After is filled with its share of bumps in the road. But much like in the Movie there is hope and change is possible. Couples are constantly searching for the right balance of time together, managing responsibilities & coping with their stressors.



*It's okay to not be  
okay as long as  
you are not giving  
up.*







# Managing Stress During COVID:

- COVID has been a difficult change for everyone so much of what we have gone through since March has been unexpected & overwhelming.
- Here are some ways to manage stress during COVID:
  - Have open dialog about how COVID is impacting you & your family.
  - Identifying stressors & breakdown the impact it has had on you.
  - Be honest & forward with your concerns.
  - Make a Plan together (short & long term)
  - Grieve what you have lost or had to put on hold out on in 2020



## Movie Quote Equivalent:

Phil: "What would you do if you were stuck in one place and every day was exactly the same and nothing that you did mattered?" Ralph: "That about sums it up for me."

## ➤ Couples Coping Skills:

- COVID has been an unexpected change with limited ability to be social, and spend time away from your family.
- Couples Yoga/ Workout together:
  - [Click for Couples Yoga Workouts!](#)
  - [Partner Yoga Videos & Techniques!](#)
- Talk about what is adding to your Stress.
- Go for a walk or workout together.
- Nurture your sense of humor.

*\*\*\*One of the MOST important things you can do is be SUPPORTIVE of your Partner. Compassion & Empathy go a long way when both of you might be struggling.\*\*\**



# Communication:

Relationships are not always easy and when there is added stress like during COVID-19 it can get harder to communicate. During difficult times it's important to remember the following tips for healthy communication.



- **When one or both of you are yelling you are not listening:**
  - Take time to cool down so you can have a calm conversation.
- **Be fully Present:**
  - Have your conversations be distraction free turn off the TV and put down your cell phones.
- **Use I statements:**
  - This allows each partner to state their feelings & can help prevent hurtful statements.
- **Do not interrupt and talk one at a time:**
  - This allows both of you to listen to what the other is saying, and fully participate in the conversation
- **Come up with a solution to the problem together:**
  - “maybe we can try this...” - Discuss different ideas/suggestions together.
- **Be mindful of your tone:**
  - Communication can be hard but it is important to be mindful of how your tone is coming off to the listener.
- **Eye contact & Touch:**
  - Eye contact and holding hands can be very powerful during a conversation to feel connected and listened to.



# ➤ Goal Setting:

- Long term Goals:
  - Identify areas you would like to make Positive Changes
  - Set a realistic number of attainable Long term goals
  - Have one Fun goal!
- Small achievable Goals:
  - Make your goal Measurable
  - Have Smaller goals that get you towards your Long term goals
- It is important to have goals Individual goals & Goals as a couple:
  - Talk about ways to support each other's goals.
  - Write your goals out and check it off when completed.



## **Movie Quote Equivalent:**

**Phil: "Do you ever have deja vu, Mrs. Lancaster?" Mrs. Lancaster: "I don't think so, but I could check with the kitchen."**

**\*\*\*It is important you and your partner are on the same page about where your relationship is and what your goals are for the future. Being on the same wavelength & communicating are two keys to productive Goal setting.**

# Finding Quality Time for Each Other:

## **Do little things/day to day task together:**

Shopping - Chores - Putting the kids to bed - Making dinner

## **At home Date Nights Ideas:**

Fire in the backyard - Stargazing - Romantic dinner where you both get dressed up like you were going out - Game Night

## How do you define quality time?

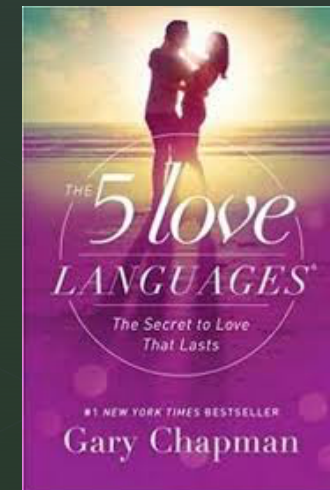
If you haven't taken the love language quiz it's a helpful tool to learn what you and partner determines to be quality time. This quiz will also give your information how to spend quality time with your partner based on their love language.

<https://www.5lovelanguages.com/quizzes/>

\*\*\* See Handouts For ADDITIONAL Date Night Ideas & 5 Ways to Create Time!

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	HOW TO COMMUNICATE	ACTIONS TO TAKE
Words of Affirmation	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Genuinely encourage, and often.
Physical Touch	Non verbal - use body language and touch to express love	Hug, kiss, hold hands, show physical affection often. Make intimacy a thoughtful priority.
Receiving Gifts	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.
Quality Time	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your partner. Weekend getaways are huge.
Acts of Service	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.



# 6 Magic Hours:

## 6 hours to a better relationship

### Partings

Happy couples make an effort to learn one thing that is happening in their partner's life that day before saying goodbye in the morning. The goal is to ask questions and learn about the exciting and not so exciting things about your partner's day.

**10 minutes per week**  
(2 minutes a day x 5 working days)

### Reunions

When you see your partner again at the end of the day, share a hug and kiss that lasts at least six seconds. The six-second kiss is a ritual of connection that is worth coming home to. Afterwards, have a stress-reducing conversation for at least 20 minutes.

**1 hour and 40 min per week**  
(20 minutes a day x 5 working days)

### Appreciation and Admiration

Use an admiration journal to record something small you notice and connect it to a trait you admire in your partner. This primes your mind to see the positive traits of your partner, instead of focusing on the negative and also makes your partner feel valued.

**35 minutes per week**  
(5 minutes a day x 7 days)

### Affection

Make sure to embrace each other before falling asleep (cuddling or goodnight kiss). Think of these moments of affection as a way to let go of the minor stressors that have built up over the day.

**35 minutes per week**  
(5 minutes a day x 7 days)

### Date Night

During your date, ask open-ended questions and focus on turning towards each other. This important "we time" is a relaxing and romantic way to stay connected to each other.

**2 hours once a week**

### State of the Union Meeting

Spending just one hour per week discussing areas of concern within the relationship gives couples the freedom to express their fears and concerns in a way that makes them feel heard and loved instead of feeling neglected.

**1 hour once a week**

The Gottman Institute

- Gottman is one of the lead researchers and therapist in the field of Couples counseling. He created a concept called The 6 magic hours. This is 6 different things you do as a couple throughout a week. See the image to the left. By doing these 6 things for a total of 6 hours a week, it can improve communication, and make for a healthier relationship.



# Build a Love Map:

Think about it this way: when You want to spend your life with someone, you send them a map of your inner world. Except your partner's map is a pencil drawing which you are always adding to. It allows you to get to know your partner better while sharing your inner thoughts and beliefs with them.

Follow the link below to learn how to make a Love Map this could be a good activity to do with your partner. And is an activity to keep doing over the years to see how it changes and evolves!

[Click to Build A Love Map!](#)



## ➤ Extra Quizzes:

### Informative quiz -

This quiz tests your knowledge of Likes, Dislikes, Fears & more!

<https://www.gottman.com/how-well-do-you-know-your-partner/>

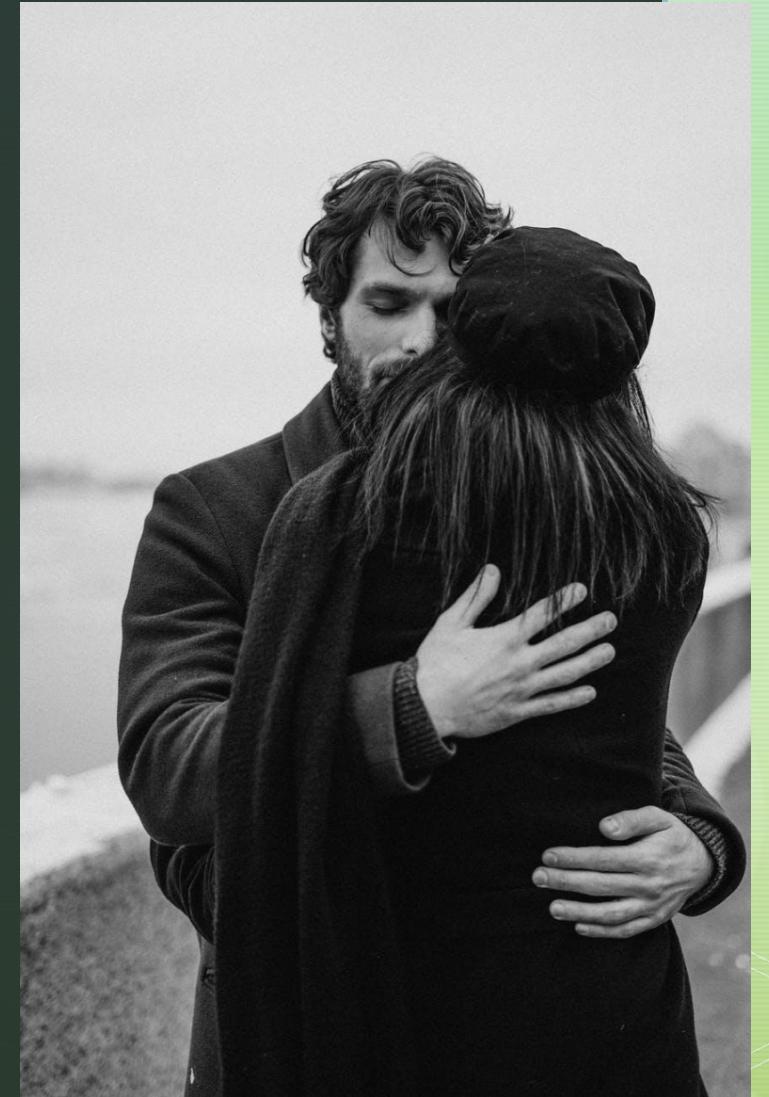
### 15 Fun Couple Quizzes! -

Sometimes having fun with these can break the ice as you progress toward healthy communication & change.

[Click for - Couples Quizzes That are Ridiculous but Fun!](#)

**\*\*Communication Tips & How to End an Argument  
Techniques\*\***

[Click for - 18 Communication Tips & More!](#)



# Workshop Wrap Up:

These past few months of uncertainty have been difficult & have affected countless lives. If you or someone you know could benefit from Mental Health Services please reach out for help. Little changes each day can lead to monumental growth & happiness.

Don't wait for the perfect time to make your mental health and happiness a priority. Challenge yourself to start building positive momentum toward change today!

Thank you for Downloading our PowerPoint if you have any questions please feel to reach out (413)579-8887 or [www.SerendipityPsych.com](http://www.SerendipityPsych.com)





# Resources:

- <https://georgetownpsychology.com/2020/06/how-to-manage-relationship-stress-in-the-new-normal/>
- <https://psychcentral.com/lib/how-couples-can-help-each-other-de-stress-and-improve-their-relationship/>
- <https://www.apa.org/topics/covid-19/strengthen-couples-relationships>
- [https://hopeforhealingfoundation.org/17-simple-ways-to-relieve-worry-stress-and-anxiety/?gclid=Cj0KCQjw2or8BRCNARIsAC\\_ppyZkgcLeVUu\\_v2BKEI8oGeDQehivmPPbL5o\\_5CVM12rpLY6ouBoRPO0aAv8tEALw\\_wcB](https://hopeforhealingfoundation.org/17-simple-ways-to-relieve-worry-stress-and-anxiety/?gclid=Cj0KCQjw2or8BRCNARIsAC_ppyZkgcLeVUu_v2BKEI8oGeDQehivmPPbL5o_5CVM12rpLY6ouBoRPO0aAv8tEALw_wcB)
- <https://www.gottman.com/blog/6-hours-a-week-to-a-better-relationship/>
- <https://www.metrofamilymagazine.com/at-home-dates/>
- <https://www.5lovelanguages.com/quizzes/>
- <https://becoming-family.com/marriage-goals-this-new-year/>
- <https://www.psychologytoday.com/us/blog/lifetime-connections/201605/10-steps-effective-couples-communication>
- <https://www.mindbodygreen.com/articles/the-5-love-languages-explained>
- <https://www.prevention.com/fitness/workouts/g26067553/couples-yoga-poses/>
- <https://www.psychologytoday.com/us/blog/living-the-questions/201305/10-essential-skills-couples-coping-stress>
- <https://www.wsj.com/articles/the-strain-the-covid-pandemic-is-putting-on-marriages-11596551839>
- <https://www.gottman.com/blog/rescuing-relationship-stress/>
- <https://www.gottman.com/blog/the-sound-relationship-house-build-love-maps/>
- <https://medium.com/on-the-couch/couples-do-better-with-shared-goals-5-easy-steps-to-show-you-how-e8b2266f809a>
- <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>
- <https://www.nytimes.com/2020/04/03/smarter-living/coronavirus-relationship-advice.html>
- <https://www.psychologytoday.com/us/blog/joyful-parenting/202004/5-quick-ways-protect-your-marriage-during-coronavirus>