In this episode...

**Part 1:**
- What to do when you feel lonely.
- What to do when you feel depressed.
- Dealing with loss and grief.
- How to cope with challenging relationships.
- How to maintain a strong relationship with your partner.

**Part 2:**
- The value of positive and meaningful relationships
- Taking care of yourself
- Finding new relationships safely during COVID-19

**Dr. Landin's top 5 takeaways for stronger relationships:**

1. When you’re struggling emotionally, reach out to friends. Don’t isolate or withdraw.
2. Reassess relationships that are not working for you. Letting go of relationships does not make you a failure.
3. For relationships that are challenging that you can’t let go, try to find common ground, accept that you don’t have to agree on everything and set boundaries when possible.
4. Self-care is important in coping with stress and anxiety, even if just means treating yourself to a store-bought coffee every so often.
5. Carve out time to connect with your partner. You may have to get creative!

**Links:**
Kristin Neff: self-compassion.org
Brené Brown: brenebrown.com
UCHealth article: uchealth.org/today/loneliness-during-the-covid-19-pandemic-fight-it-with-kindness/