Making Long-Distance Relationships Work

Make Time for Each Other
You may not be in the same place, but you should still carve out hours in the day to be together in another way. Facetime, message and do activities together (e.g. Netflix Party, Playing online games). It may feel strange at first, but it's important to continue to share experiences.

Communicate
Let each other know how you are feeling and what's going on for you. You may have to be more explicit, and explain your current state to the other person because they don't have the usual visual cues they usually have to identify when something is wrong. Make sure you're on the same page.

Appreciate Your Partner
Let them know what you miss about them. What you miss seeing, doing or experiencing together. Make plans for after the pandemic, what are you going to do together, where are you going to go?

Set Realistic Boundaries
Circumstances have changed, everyone's schedule is suddenly different and we are all managing unexpected circumstances. It can be exhausting constantly messaging, while studying and working and managing your own family. Discuss realistic boundaries to set with communication and making time for one another, it's not possible to give each other 100% of your time right now.

Accept That This Will Be Challenging
It's completely normal to feel anxious and stressed at the moment. Your relationship suddenly being long-distance is an added stress. Accept that this is how things are for the moment, and it won't last forever. Help one another through it, instead of adding to each other's stress.