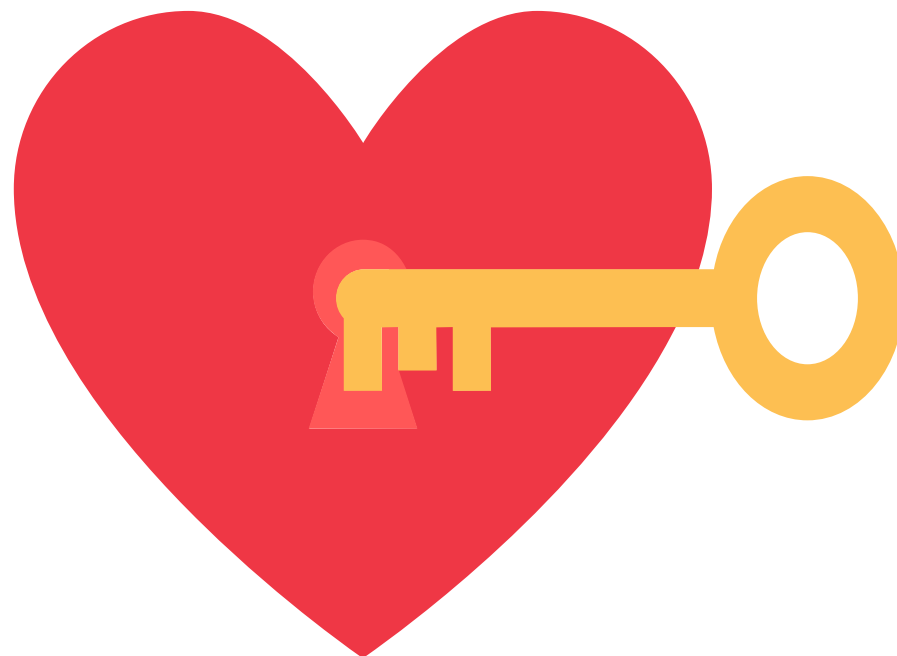
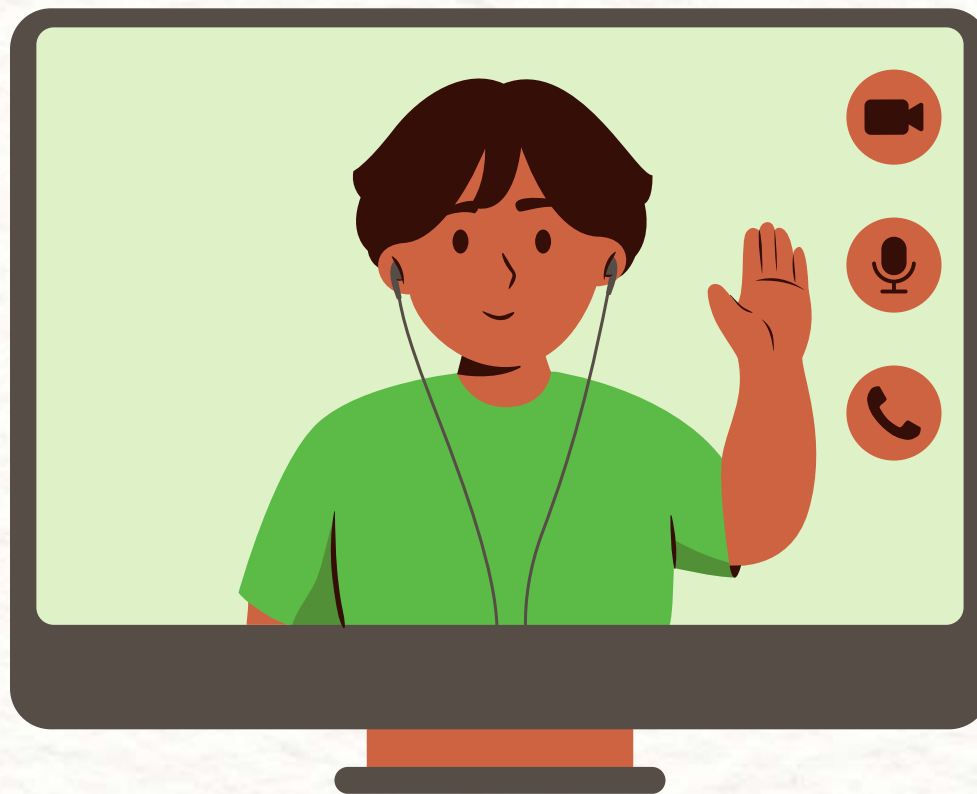


**6 keys to
a successful
long-distance
relationship**



Communication is key

- Regularly share thoughts, feelings, & experiences to stay connected emotionally
- Use video calls and texts to stay in touch



Establish trust

- Be patient and empathetic of your partner's circumstances
- Avoid unnecessary suspicion and encourage open conversations about concerns



Make time for each other

- Coordinate and make plans with each other
- Keep a designated time during the day or week to stay in touch



Set goals and expectations

- Discuss future plans, including whether the long-distance arrangement is temporary or permanent
- Establishing a shared vision helps both partners feel more secure & committed



Embrace technology

- Explore activities like virtual movie date nights, virtual dinners or shared playlists
- Use technology to bridge the physical gap & create a sense of closeness



Don't forget romance

- Beyond regular calls, small romantic gestures still count as romance
- Writing poems, sharing pictures of things that remind you of them, sending small gifts or mailing a handwritten letter; they all matter





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