

Challenges of COVID-19 in a Divorce, Breakup and Coparenting

CHALLENGES : OF COVID-19 IN A DIVORCE BREAKUP & CO-PARENTLING



The COVID-19 pandemic is straining many marriages and some to breaking point. In many countries the divorce rate is rising as couples are impacted by the emotional, physical and economic fallout since March 2020. The COVID-19 pressure effect results in marriages becoming more fragile due to couples experiencing so much stress.

Reason or the final straw

My experience with my clients is that often COVID-19 is not the reason for the split but the catalyst, the final straw. It's just that final push for one of the partners to realise that they are unhappy and wish to make a change in their life. Covid-19 has made many people realise that life is short and you need to grasp it and live it to the full. Staying in an unhappy marriage, especially a toxic one, is no longer an option.





COVID-19 is a real test of a relationship,

lock downs suddenly mean that couples have to spend 24 hours together seven days a week. Disillusionment is brought to the fore after being forced into closer proximity and having to spend more time with their partners. Annoying behaviours and opinions of their partners suddenly come into focus and thus a realisation that they can no longer accept this in their lives. On a positive note, facing the fact that you need to leave an unhappy marriage in the long run is a good thing.

However, many couples thrived during lock downs and used it as a new restart to the relationship. They re-evaluated their lives and realised that their lifestyle was too hectic and driven by material desires which meant they had lost their way. Thus, averting a possible split down the road if they had not taken action.

An excuse to stay in a bad relationship?

In some cases, those struggling in a relationship used COVID-19 as an excuse to stay in a bad relationship. Quite often when a relationship breaks down, we are in denial and fear the future and so COVID-19 becomes another reason to bolster our denial vibes. It's important to face the fact that denial has to be faced at some point.



Extra burden for working women

Working women who already felt that they were burning the candle at both ends, suddenly had the extra burden of home schooling, juggling child care and trying to work from home. Stress levels have been exacerbated to new levels, quite often hobbies that previously de-stressed were unobtainable due to gyms being closed or simply that time was no longer available with the additional roles mentioned above. It's important to share this new 'workload' with your partner.

Additional Curve Balls

Many of my clients, already in the process of divorce, were thrown additional curved balls. Often the whole process suddenly ground to a halt as divorce processes were delayed. Court delays have also left my clients in no man's land with frustrating zero progress. Financial agreements that were already in the process of arbitration had to be restarted as reduced income and investments shortfalls impacted.

For those divorcing later in life it is essential to revisit pension splits as some pensions capital value are linked directly to the performance of the investments underlying it. Those who had already started planning a new life had to rethink due to reduced financial settlements. Suddenly their rental or buying abilities were affected or delayed. In some cases, they were forced to remain living with their ex placing them in a unique situation of being confined with a partner they were actively trying to separate from. It's important to seek financial advice before you agree to any financial settlement especially as the road map has significantly changed. As the pandemic has evolved court hearings, mediation and solicitor meeting have now become virtual.



In certain cases, it may be harder for some to handle mediations or court appearances virtually, divorce is an emotional process, and sometimes that human connection of having your team in your actual room can be calming.

Co-parenting

For those couples who have already split and are co-parenting COVID-19 amplifies conflicts and can create new ones. Just the very process of children living in two homes and in some cases two countries has brought a whole new dimension of challenges. Some parents are missing out on seeing their children and this is heart breaking. Couples may also disagree as to what is COVID-19 friendly behaviour. One parent may wish to isolate the children whilst the other still lets them mingle with other families. One may feel it is perfectly ok for a child to fly to visit them in another country whilst the other feels flying is not acceptable in a COVID-19 environment. In some circumstances maintenance payments have also been impacted.

It is really important to put the children first in these times, you may not still be married but you are both still parents. Co-parenting goes better when parents are flexible with each other, so you need to put away previous grudges and work together with the new circumstances, communicate well and work together to solve new, specific challenges.

New lockdowns

Many of us are facing another lock down and the reality of this means that even more divorces will result. If you can work on your marriage to turn it around if not accept the fact that you have grown apart and need to move on in life.





Seek help

Remember that divorce is the second most traumatic experience in life, overlaid with COVID-19 means that this is magnified even more. I strongly encourage you to seek help from a team, a lawyer for legal matters, a financial specialist and a divorce coach to deal with the emotional and psychological trauma that divorce brings.

How I help you

As a divorce coach I address the emotional issues, my role is to hold your hand to cross the bridge and navigate the emotionally troubled waters. I am here to help you navigate every single step of your painful situation with strategies to enable you to move forward in your life. It is my job to support, educate and guide you as you move into a new and improved life. I can be your co-navigator in your journey and my aim is to create a safe, supportive, non-judgmental and understanding environment.

My approach is holistic as I am a great believer in the mind and body working together. What is in your body is in your brain. I believe you need to harmonise your body with your mind to operate at full capacity. I used this approach in my divorce journey and recognised the multi-faceted benefits.

To schedule a call or to find out how you might benefit from JH Holistic Divorce and Break Up Coaching, email janet@jhdivorcecoaching.com or fill in the contact form on www.jhdivorcecoaching.com You can also follow me on Facebook and Instagram <https://www.instagram.com/jhdivorcecoach/> for regular updates. <https://linktr.ee/jhdivorcecoach>