

Celebrity News: Tamera Mowry Says Quarantine Tested Her Marriage to Adam Housley



By Nicole Maher

In the latest [celebrity news](#), Tamera Mowry revealed that being quarantined with her husband Adam Housley tested their marriage. According to *UsMagazine.com*, Mowry described both herself and her husband as workaholics, and said that being home together constantly was a change to which they needed to adapt. The [celebrity couple](#) tied the knot in May of 2011, and share two children together.

In celebrity news, Tamera Mowry is opening up about the test she and her husband are going through due to COVID-19. What are some ways to cope with being quarantined with your partner?

Cupid's Advice:

Quarantine has proved as a relationship test for even the strongest of couples. While you may love your partner endlessly, being confined to one home for months on end can test your relationship. If you are looking for some ways to cope with being quarantined with your partner, Cupid has some advice for you:

1. Allow for some alone time: Just because you and your partner are in the same house does not mean you have to be together the entire time. As quarantine progresses, you may feel the need to have some time apart. Taking a few hours every day or so to relax or sit on your own can help prevent any frustrations or tensions you may be feeling with your partner. If possible, safely getting some alone time by going for a walk or drive is also a good option.

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2. Have off-limit areas: Quarantine can make any living space feel claustrophobic after some time, so designating some areas that are reserved for each partner is a good idea to maintain the peace. If you are working from home, an office is a great space to reserve for yourself. In smaller living situations such as apartments, having a designated chair where your

partner knows to give you space can also work.

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3. Plan in-house events: Despite feeling confined to your partner because of quarantine, it is still important to nurture the relationship by scheduling things to do together. By doing at-home dates such as cooking together or watching a movie, it will show your partner that you still want to spend quality time with them. This miniature date can help relieve some tension and make your partner more willing to give you space when you need it.

What are some other ways to cope with being quarantined with your partner? Start a conversation in the comments below.