



pleasure muse's

Stay-At-Home Romance Tips

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**“Nourishment
is so important
right now!
Self-care
and self-love
are essential
to getting
through
this time!”**

The global pandemic has created a new reality for us all. It's forced a lot of us into full-time togetherness. The social distancing coupled with spending 24/7 with your partner can put pressure on the relationship and be stressful.

But it doesn't have to be. The good news is, even though we're hunkered down for an undetermined timeframe, we can use it to rekindle passion and grow together rather than apart. While we flatten the curve, we can re-ignite our romantic relationship.

I had fun putting together these tips to help stoke the fires of your relationship and pave the way to intimacy. You can follow these tips in order, pick and choose those that speak to you, or just do the Quarantine Date Night.

It's about doing exactly what works for YOU. You don't have to be coupled up either—my tips work towards nourishing yourself and deepening your connection to your own body, too. All I want is for you to enjoy putting these tips into practice—hopefully as much as I did when curating them on my @PleasureMuse Instagram account.

These tips will help you feel **STRONG** and **EMPOWERED** in your current or future intimate relationship. Creating a playful, healthier and happier **YOU** will have a powerful effect on anyone around you.

So let's get you started! It's time to strengthen the connection with yourself and your loved ones.

Dolly Josette

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#1 Establish Boundaries & Create Routines

Setting boundaries for solo time, couple time, kid time, family time and work time is essential! Create some space and separation—even within the household—so that craving and desire can be ignited.

A fire needs oxygen to burn... it cannot be smothered. Author James Clear says in his *ATOMIC HABITS* that our habits inform the types of boundaries we make and the routines we create. And the systems we create inform our habits. To create a system, identify the times and places where you work, have shared family time, solo restorative time and sexy time. When you honor the **BOUNDARIES** of the system you create, it will restore structure and flow as you adopt your **ROUTINE**.

In other words, **DON'T** write from your computer in bed, don't go to your workstation in your PJs, and don't leave your bedroom unlocked when you want privacy.

When you are in the same place 24/7... you need this separation! It's good to actually say out loud, "This is private time, play time, etc." This articulation or even a posted schedule will help you and your family to support the system you've put in place. And when these boundaries can be counted on, our nervous systems can relax. Don't insert yourself into everything going on, especially if it's happening in the next room. Remember that if you need some space, so do they!

Create solo time, even if it can only happen at 6am! There is no better time to start a 6am habit for self-love in the form of morning movement, meditation, a walk or journaling.

#2 Compassion

Express compassion for You and Your Loved Ones by being a good listener and allowing for feelings to be expressed.

Don't expect perfection—there may be lots of clunkiness as we adjust to new routines, systems & boundaries. Tip #1 of establishing boundaries and routines is not easy! There are a ton of books and even PhDs on the subject.

Sometimes, realizing you need to declare it a "do over" is part of having compassion!

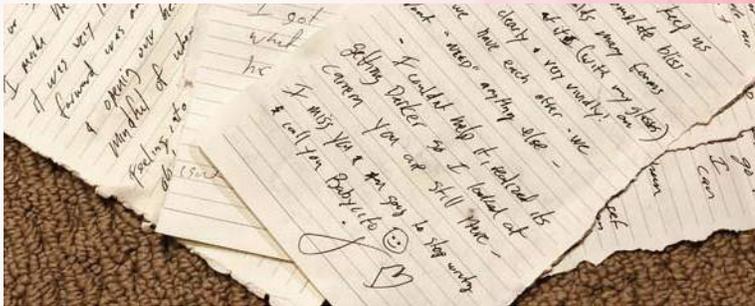
#3 Treat Your Partner Like a Guest or a New Lover (at Least Once A Day)

I've kept this collection of love notes from my hubby because they are an extension of how we keep the sparks alive.

Once a routine that lacks luster sets in, BEWARE! If you start feeling like roommates, it's time to WAKE UP! You need to deploy Tip #3!

Do something very nice to make them feel cherished, just like when you were first dating! In other words, perform Acts of Service served straight up. But make sure that it doesn't seem that you are doing something nice in order to get something in return.

Leave them handwritten love notes around the house. Set the table with fancy dishware reserved for guests.



Have a cold glass of water ready for them to enjoy when they return from the grocery store... while YOU put the groceries away. Turn off your phone at dinner and give them your undivided attention. (Don't announce it. I promise- they will notice.) Prepare a bubble bath, light candles and make a cup of tea so they can enjoy some solo time.

The intention is to do them as gifts, not as chores.

IF YOU ARE SOLO, treat yourself like a VIP. Have a delicious meal delivered. Enjoy your coffee or morning tea in a fancy cup. Put on some lipstick or get out of your sweats!

Nourish Yourself and Each Other!

#5 Enhance a Regular Routine

Ready to turn up the heat? So far, we've created a foundation for safety and feeling extra welcome in our own homes and bodies. Now, we are layering in the sizzle to a Regular Routine. This is something you do every day that you may take for granted. Instead of taking a shower by yourself, take one with your love and lather them up.

Elevate your dining experience by making a picnic on the living room or bedroom floor. Take turns feeding each other in a sensual, provocative way.

Or indulge in my absolute favorite—share a bubble bath! Even if you have little ones, they will understand that it's "bath time." If tensions are running particularly high, bringing a meeting of the minds (and bodies) to a steamy hot bath INSTANTLY drain away negativity and creates immediate presence with each other.

What Regular Routine can you enhance TODAY? Considering that I'm gonna go get loofah'ed by my hubby's hairy chest, I bet you can guess which one I chose!

"Turn off your phone at dinner and give them your undivided attention!"

#4 Find Your Happy Place This is one of my favorites. It's key to calming our nervous systems, which is incredibly helpful right now. A Happy Place is a term that my husband and I came up with when we just need a space of "nothingness" coupled with "togetherness."



We begin our mornings and end our nights in our Happy Place. My Happy Place is lying on his chest at just the right angle. In our modified Happy, he puts his hand on my head or chest to help ground me even more.

When he comes to his Happy Place, I hold his head in my lap so I can stroke his face and hair. If one of us is feeling distraught and we need a time out from life's stressors, we initiate, "Happy Place?"

As soon as we get in position, our breath starts to synch up and our nervous systems co-regulate. We don't need to talk. Sometimes we do. But mostly, it's just to let go. It's pure comfort and allows us to deeply connect by this touch and affection.

A Solo Happy Place can be sipping tea at sunset, reading a book under your favorite blanket, going for an intense run, or immersing in a luxurious bath. It's a place where you can let go, feel safe and nourished.

Find your Happy Place and spend time there every day.



#6: Take Sex off the table Yes! You heard me correctly. Your own personal sex and intimacy coach telling you to slow your roll and even 86 your SEXPECTATIONS from the menu. I'm hearing from so many of you that your libido has drastically plummeted and is even non-existent. Zilch. Zero. I get it.

The WORST thing anyone can do is force themselves to do something they don't want. If you do that, then you're crossing the biggest boundary of them all: YOUR OWN!

We are dealing with health issues, job security, satisfying basic family needs and drastically reduced personal freedoms. With that comes low grade anxiety that can hijack your body and put the brakes on having wild, spontaneous sex on your dining table.

Not that there's anything wrong with that... But if that's not your cup of tea, I'm giving you a hall pass to enter the no pressure zone!

Instead, focus on nurturing or active activities. Cuddling and laughing can be really satiating! We want to be loved for all of our needs, and sometimes that means feeling that we are enough even when we are not in the mood.

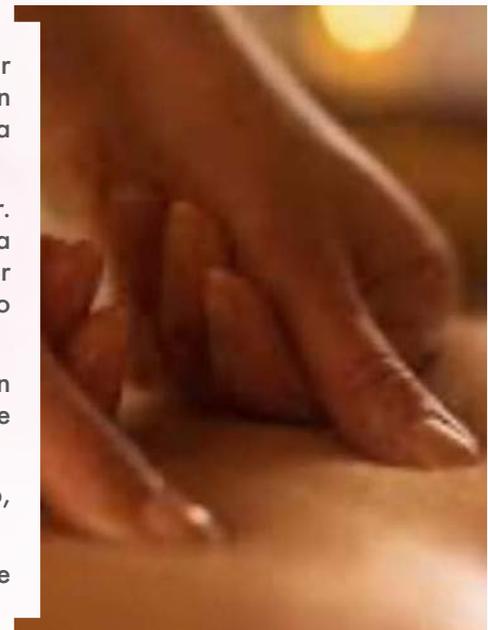
#7 One-Way Touch As a Sexological Bodyworker, I bring this Jedi master skill into my personal life with my hubby! If I'm the designated giver, then my hubby can fully surrender to being the receiver and let the sensations sink into his body. And on a separate day, we switch roles.

I cannot tell you how much this has deepened our love and affection for one another. And, allows us to feel more in our bodies. A wife from a recent online couple's Vulva Mapping session that I taught said, "I think it's really incredible to create space for partners to respectfully and fully GIVE or fully RECEIVE. I think it's a fabulous way to expand our options to create intimacy in our relationship."

Bam! I couldn't have said it better myself. We never isolate the skills of "giver/receiver" in Partnered Experiences because we are often in a hurry feeling responsible to turn the other person on and hoping our needs don't get lost.

Touch is medicine. If touch without an agenda can be introduced to your relationship, then trust can deepen, exploration can occur, and healing becomes possible.

One-way-touch does not replace Partnered Experiences. It supplements AND makes the partnered interactions even better.



#8: Create a Sexy Escape a.k.a. "Quarantine Date Night"

If you've been able to practice some of these tips that help calm your nervous system, you might start to feel some percolating pleasure.

Yes? Then by all means, create a sexy escape... When my whole family was together just before my hubby packed up the boys to head to our business building (where they've been staying during most of the COVID-19 measures), I dragged my very large sheepskin rug into our bedroom closet. I then grabbed some lube and battery-operated candles and asked my hubby to get upstairs asap!

His confusion quickly turned to excitement when I asked him to turn on the music extra loud and lock the bedroom door.

The "sexy escape" was even more fun because I had created a little nest for us! (see for yourself) Another time when he visited me without the boys, I prepared a special meal and got dressed up for our very own **Quarantine Date night!**

I met him in the garage wearing a dress and high heels with a cold glass of water. When his eye rolled back into his eye sockets, I asked him, "Happy place?" He responded with, "I feel like I did when we first started dating."

Voila. Not just surviving Stay-At-Home, but thriving!



P.S. Remember, the best way to navigate this uncertain time is to set your intentions and do your best to follow through. If your body is telling you anything different, follow that! Your body is wise... Tune into It and Listen! – Dolly Josette

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