

TOOLS FOR STAYING CONNECTED DURING COVID-19

*“The opposite of addiction is not sobriety; the opposite of addiction is connection.”
– Johann Hari*

OLD-FASHIONED COMMUNICATION

- **Send a letter** – who doesn’t like to check their mailbox and find something that’s heartfelt and not a bill?
- **Send a card** – It does not have to be a special occasion to send a card to say hello and lift someone’s spirits

APPS AND WEBSITES

- **Zoom** – a website/app that allows an unlimited number of guests for free up to 40 minutes, or, for a small charge you can upgrade your account for longer meetings.
- **Google Hangouts** – A Google account is required, but this is a free service to create groups and invite friends/family
- **Facetime** – Need an iPhone but can add multiple people to a call with video
- **Houseparty** – App similar to Zoom but includes games that can be played. Limited to 8 people at a time.

TEXT AND GROUP CHAT

- **Texting** – Reach out to old friends, family members who live alone, past coworkers and others.
- **Group chat** – Create group chats with different groups of friends with similar interests
- **WhatsApp** – a free, secure social messaging app
- **Facebook Messenger** – a free app tied to a Facebook account though may be used separately. Connect through private messaging with Facebook friends, create groups, video chat or message 1:1.

SOCIAL MEDIA

At a time like this, social media may be overwhelming and increase anxiety. If you find this happening, limit your use or eliminate your viewing for days at a time. You do have the option to “Unfollow” people or sites that may contribute to your anxiety, and choose to follow inspirational people or sites.

*Facebook
Instagram
Twitter*

*Reddit
SnapChat
Tumblr*

*LinkedIn
Pinterest
Flickr*

Ideas for Virtual Group Activities

Group Exercise
Dance Party
Trivia Night
Bingo Night
Book Club

Movie Night
Dinner Party
Costume Party
Lunch Date
Breakfast Club

Game Night
Cooking Club
Crafting Night
Art Lesson
Coffee Break

