

HOW TO STAY CONNECTED IN A WORLD OF SOCIAL DISTANCING

“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”

– John Muir

THE DIFFICULTY OF SOCIAL DISTANCING

- Social distancing can be difficult when we are used to being around our friends and family without a lot of restrictions.
- During uncertain and trying times, we seek comfort from the people close to us and that can be difficult to do during COVID-19.

TOOLS YOU CAN USE:

- **Using video chats can be helpful-** Try *Zoom, Facetime, Google Hangouts* and *House Party*. Get creative on ways to connect:
 - *Schedule lunches or dinners with family and friends through video chat.*
 - Exercise or take a walk with friends and family through video chat.
 - Have a *Netflix* or other type of movie watching party!

CONNECT VIA TEXT:

- Another way to connect with people you love and miss is by using text in different ways.
 - **Create a group text** with a bunch of friends to stay connected
 - **Text several people throughout the day to share** what you are **doing**
 - Send emails, write letters or use **Messaging apps like Facebook Messenger, Marco Polo, or Whatsapp to stay connected**

SOCIAL MEDIA

- This is a great way to stay connected to others
 - If it begins to feel like too much though, take a break from it.
- Follow positive, inspirational people and groups.
- Forward the positive and inspirational things to your family and friends to enjoy with you.
- Share your own photos on social media and the things you are learning during this difficult time.

MOST IMPORTANTLY, YOU!

Stay connected to yourself and the things that you enjoy. Take time for self-care which includes asking those people close to you for help when you need it. This time could make us feel more connected with each other if we use it as an opportunity.

