



## ***How can I invest in social connection when I'm not able to be around other people?***

- Go outside for a walk or sit on your front steps or apartment balcony and greet other people you see. Seeing other people will remind you that you are not alone, even as you follow distancing recommendations.
- Write old fashioned letters. Receiving a letter can bring so much joy; if you're feeling like too much of your day is spent in front of a screen, unplug for a few minutes and write someone a postcard or letter instead.
- Schedule a regular phone call or video chat with friends or family. Use Facebook Messenger, FaceTime, Zoom, Skype, or another free video call service to talk with friends, family members, or even your neighbors. Make this a regular part of your routine! Regular connection can help you and your loved ones maintain hope.
- Use social media wisely. Social media can help us feel connected, but it can also be a source of upsetting news and misleading information. Use social media to build connections with people who help you feel good, while limiting time spent scrolling through content that makes you feel excluded, anxious, or excessively upset.
- Try thinking about the global sense of community that can be felt during this time. Everyone around the world is facing the same public health threat, and everyone is getting through it to the best of their ability. You are far from alone.