How to stay socially connected while we’re physically distanced

Top Tips for Social Connections:
During these times, it is hard not being physically near others. Here are a few ideas to help you stay connected from afar:

Use online video chat platforms
- such as Zoom, Google Hangouts, FaceTime, or other platforms to connect with friends and family
- Set up a time for an ongoing weekly chat with a friend
- If you’re looking for ways to make your video calls more fun, try hosting these ideas for virtual gatherings:
  1. Costume party: encourage dress-up
  2. Game night using game apps such as Jackbox, House Party, or an old-fashioned deck of cards
  3. Book club discussion
  4. Movie night and group chat using Netflix Party
  5. Fancy dinner party: try cooking a new recipe

Use “old-fashioned” communications
- Not everyone has access to technology, so keep sending phone calls & text messages, or reach out to help teach someone else how to do a video chat
- Try mailing a letter to a loved one or friend or making a card or artwork to send

Stay connected to your neighbors
- Nextdoor lets you join a social network of your surrounding neighbors to stay in the loop
- If you’re able to, get outdoors for daily physical exercise (wear a mask if you can & stay at least 6’ away) – seeing neighbors from afar & even waving to random strangers can help us feel more connected
- Reach out to your older neighbors or neighbors who can’t leave their homes to let them know you’re here

Seek out ways to volunteer or give back from home
- Check out HERE for local volunteer opportunities

Join online workout communities
- Yoga with Adriene on YouTube has a virtual community of millions of followers with free at-home yoga for all levels
- Check out local gym websites for virtual workout groups or accountability buddies