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Connecting in a Socially Distant World

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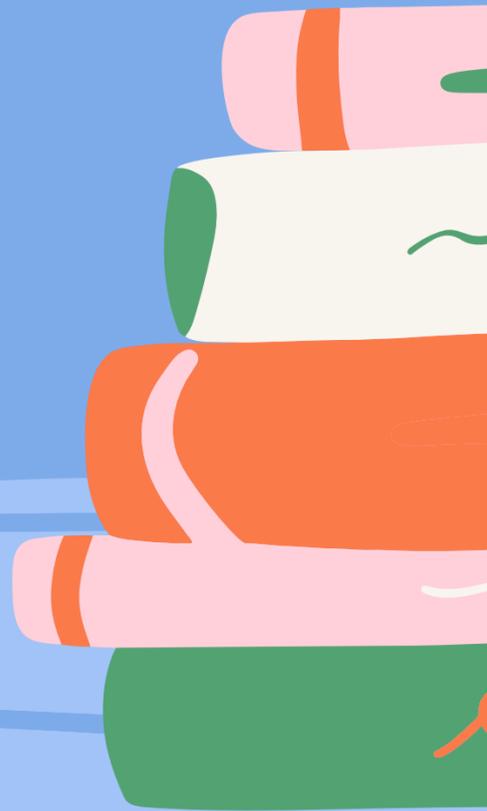
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Connecting in a Socially Distant World

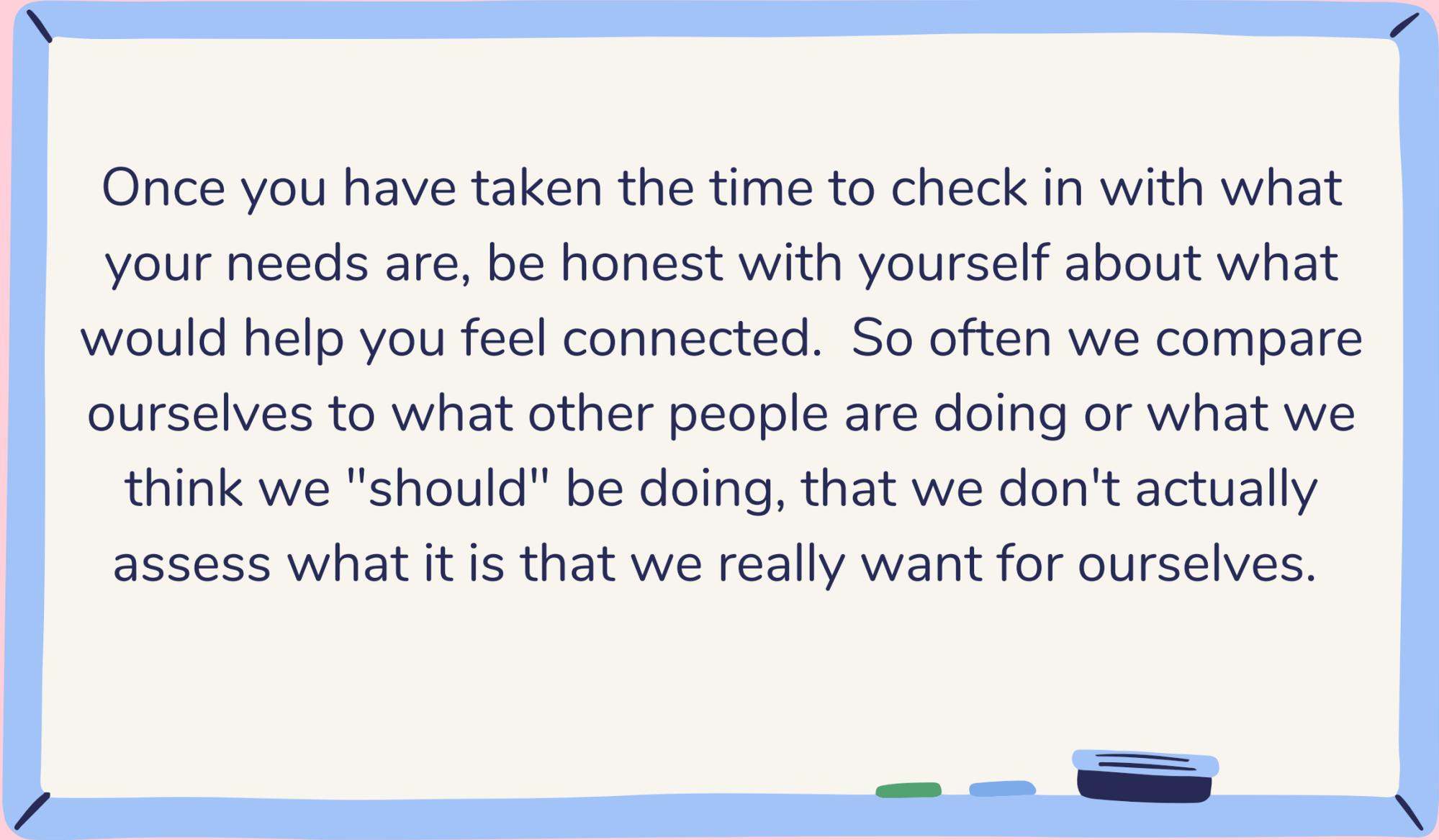




Staying connected with others can be a challenge when we also have to social distance and are often confined at home. We can often feel burnt out from using computers and technology most of the day.

We may need to get creative in the ways that we connect with people now. We may also need to take a moment to reflect on what our needs are now and recognize how they may have changed from before Covid started.





Once you have taken the time to check in with what your needs are, be honest with yourself about what would help you feel connected. So often we compare ourselves to what other people are doing or what we think we "should" be doing, that we don't actually assess what it is that we really want for ourselves.

Try to remove any personal judgment you may feel about how you are connecting. Try to only focus what is helping you to cope and not how that compares with what others may be doing. Knowing your limits is so important.



Some suggestions for ways to connect:

- consider scheduling zoom/facetime calls with family or friends. Get creative with what you do on these calls.
- connect with friends and family over social media: virtual game night
- move together: go on a walk while talking to someone, ride bike together, or dance together
- listen to podcasts that help you feel connected
- get together outside if you can: think fire pits



Some self-care tips:

- set realistic expectations for yourself. Don't expect things to be the same as they were before Covid
- set a schedule and stick to it
- create a work space that helps you feel more productive
- get dressed for work even if you are working from home
- stay active- rethink your exercise routine
- consider meditation or some form of grounding technique
- read for pleasure
- check-in with yourself about your social media use and if it is helping or harming you
- look for ways to help in your community