

STAYING CONNECTED DURING SOCIAL ISOLATION

Whether due to natural breaks in socialization or larger scale causes, there are many times we may find ourselves feeling alone and disconnected. If you are feeling alone, here are some tips for combatting loneliness.

IT'S ESSENTIAL

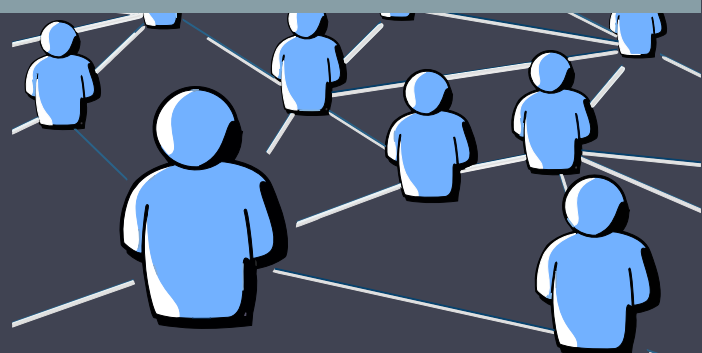
Several recent studies have linked social connection with physical health benefits, and better habits with a more healthful lifestyle



BENEFITS OF SUPPORT

- Improved self-esteem
- Improved physical health
- Greater stress resilience
- Decrease in symptoms of depression and anxiety
- Increased happiness

4 tips to stay connected



CHECK-IN

Connecting with someone in a regular call or video platform is a great way to check in on others, and to feel less isolated. Let others know how you have been feeling. It is likely that others feel similarly to you, and it can help to validate your own emotions this way.

DO MORE

When connecting with others virtually, try doing something more than talking. Play a game you like, go on a walk, do a scavenger hunt, or get creative! It can be more fun to do these things with someone else and increase your connectedness.

TRY NEW THINGS

Cook, craft, journal, read, paint, draw, write, color, or do anything to use your creative mind. Try a new app to combat feelings of isolation and disconnection through social connections, mindfulness, and meditation skills.

KEEP IT KIND

Doing something kind for others, like donating money or goods to a local organization or running errands for an elderly neighbor or relative is an excellent way to help others, while improving your own sense of self-esteem and efficacy during uncertain times.