

Cultivating Connection

“Social Distancing” is a phrase that until recently, many of us had never heard, and seemingly overnight has become a part of everyday conversation. In attempt to slow the spread of Covid19 we are being asked to practice social distancing, work remotely, stay in our homes. Schools, daycares, places of worship, gyms, movie theaters, restaurants, and bars are closing. Yet, it’s a time when we need more than ever to support each other. Social connection is important for maintaining a sense of wellbeing and happiness, as well as coping with stress. While social distancing is a necessary precaution to prevent the transmission of Covid19, it is important to recognize that it refers to *physical* contact. With a little creativity it is possible to cultivate meaningful social connection while practicing social distancing.

Here are some suggestions:

Virtual Date- Use FaceTime or Zoom to go on a date with friends. Instead of meeting at a coffee shop, bar, or restaurant, use technology to share a meal or beverage while staying in your home.

Exercise- Go for a walk or run with a friend (maintaining 6 feet of distance from each other). Many gyms are offering online versions of their group fitness classes.

Communicate- With everyone’s schedule suddenly a bit lighter, considering calling or using video chat to talk to a friend or family member. This is a great way to check in, show others that you care, and to share your feelings.

Netflix Party- Free for Netflix subscribers, this is a platform to watch movies remotely with friends with the option to group chat during the movie.

Generosity- Giving to others not only benefits the receiver, but enhances our own sense of wellbeing and happiness.

Talk about it- Feeling scared, anxious, uncertainty? Sharing your feelings with another person can help you to feel less alone.

Connect with co-workers- Working remotely when you are used to being in a crowded office can be difficult to get used to. Consider setting up a group text or call to check in with co-workers that you would normally see every day.