

Social Connectivity in the Time of COVID-19

The need for social distancing has

II put a pause

on normal socializing activities. As the pandemic continues, social distancing doesn't need to mean social isolation.

If you don't address it, isolation and loneliness during the pandemic may pose a risk to your mental health.

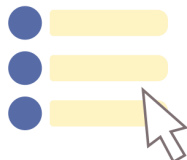
Research shows that people who take part in meaningful, productive and social activities generally live longer, have a sense of purpose and maintain a better mood.

You may need to get creative to maintain social connections or reconnect with your network while practicing social distancing. **Consider the following strategies:**



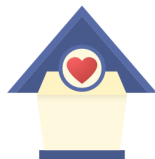
Embrace technology by communicating through video calls, social media and other apps.

Never stop learning by attending virtual hobby classes or events.



Get moving with virtual or outdoor workout classes.

Volunteer with nonprofits, help a neighbor, support food banks or donate blood.



Don't forget about connections with those at home as well. Find new ways to reconnect and have fun together, such as:



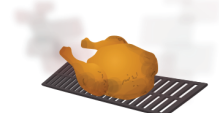
Doing puzzles



Playing games



Baking



Cooking



Learning life skills



If you're worried about your mental or physical well-being, please contact a doctor or health professional.

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