



# MAINTAINING SOCIAL CONNECTION DURING COVID19

From BWell Health Promotion @ Brown, adapted from Full Frame Initiative 2020.

## STAY IN TOUCH WITH PEOPLE WHO ARE HIGHER RISK

### Have a video call with a loved one.



You'll appreciate seeing each other's faces, and you may learn a new perspective on physical distancing from an elder or someone experiencing chronic illness. The connection could benefit you both!

## STUCK INSIDE WITH ROOMMATES OR FAMILY?

### Creativity solves boredom.



Is there a new craft, skill or hobby you could share with others? Take a break from passive entertainment to cook together, read aloud, collage, build or fix something, or play music.

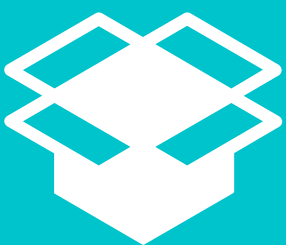
## WE ARE ALL IN DIFFERENT KINDS OF RELATIONSHIPS

### During remote work, keep in touch.



It may feel harder to keep in touch with coworkers and classmates, but you can set up virtual coffee or study dates.

## MISSING COMMUNITY THAT HELPED YOU FEEL A SENSE OF BELONGING?



### Think outside the box.

Missing a sense of purpose? Start a gratitude or prayer chain thread, find fellowship in nature by taking a walk, visit a virtual dance party.