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.

LEARN MORE AT BROWN.EDU/GO/BWELLCOPING