



**Social connectedness is a critical need for our physical and mental health.
Help yourself and others live better and actually live longer!
Take the first step**

Help Others Connect regarding the need to:

CONTINUE TO PHYSICAL DISTANCE and WEAR A MASK

- Host a neighborhood block party (physical distance; extend into the street if possible)
- Greet everyone you meet on the trail
- Converse with the maintenance crew
- Bake a few extra cookies for a single or elderly neighbor
- Offer a panhandler a sanitized food item and a greeting
- Offer someone who is isolated a ride (windows down if possible and both wearing a mask)
- Ask a friend to join you for a walk
- Take food to an injured or grieving acquaintance
- Take an elderly or disabled person for a walk (in a wheel chair)
- Make a “welcome to the neighborhood gift basket” for a newcomer
- Virtually become a parent substitute for a freshman or foreign college student
- Smile and nod at passers-by
- Strike up a conversation with a stranger

Take A Step to Connect Yourself:

- Re-engage in an activity you remember enjoying
- Walk a dog
- Join a service club
- Call family and friends regularly
- Stop engaging in negative self-talk
- Trust a friend with your true feelings
- Listen without judgement
- Exercise, preferably outdoors, and exercise every day
- Reconnect with an old friend
- Establish a sleep cycle that works for you
- Initiate a conversation with a person you find interesting
- Find a professional to whom you can express your concerns
- Do one thing outside your comfort zone every week
- Adopt a cat, dog, horse, bird...
- Listen openly to someone with whom you don't agree with
- Volunteer for a non-profit
- Attend a virtual class
- Establish a weekly social outing with a friend
- Smile, even when you don't feel like it
- Sign-up for a Quarantine Buddy! <https://www.qtinebuddy.com/signup-creatingconnections>