

Human Connections Promote Overall Wellness

Do you feel alone or disconnected while practicing social distancing? Let's try to flip the script and think about the positive ways you can use this time to connect with your loved ones. Here are some ways you can strengthen your relationships and stay connected!

1. Utilize (or learn new) Technology

- Most of us have use of some technology. Utilize video chat such as Skype, Zoom, Facetime, etc. as it is the next best thing to being together in person.
- If technology isn't your thing, or your loved one isn't tech savvy, pick up the phone and catch up the old fashioned way!
- A quick text message or email is a great way to stay in touch between longer conversations.



2. Engage Family and Friends

- Encourage members of your social groups (faith groups, fraternal organizations, and volunteer groups) to reach out to those who are socially isolated.
- Involve kids by having them create artwork that can be shared with grandparents, older family members, or other isolated individuals that you may know.



3. Creatively Engage

- Host a digital dinner with family and friends. Everyone joins online from their respective homes and eats together with family discussions.
- Utilize video chats to play games, read books, or catch up with loved ones.
- Join online communities such as exercise groups, book clubs, etc.
- Empower yourself to help other individuals and hopefully lift your spirits. Some examples include calling those who are isolated, helping those who cannot get out, or engaging civically.



NORTH CENTRAL REGION
Aging Network