



# Staying Connected

Physical distancing does not have to mean social isolation; with some creativity we can continue to foster a sense of connection with family, friends, community and the world around us.

**Here are some tips to get you started:**

- 1** Take part in projects that others in your community are involved in, such as the Facebook group 'Bin Isolation Outing' or Sktchy's 30 faces/30 days drawing challenge.
- 2** Organise a regular lunch date with a friend or family member over video chat or put your phone on speaker while you both eat. Book it in your calendar as something you can look forward to each week.
- 3** Write the names of friends and family on separate pieces of paper and put them into a bowl. Pull one name out each day and contact them – email, text, call or video chat, or even write a letter!
- 4** If restrictions allow it, take time each day to get outside and connect with nature. Spend time in a garden, walk near green space and feel the sun on your shoulders.
- 5** Use the Netflix party extension to watch Netflix with your friends online.
- 6** Foster compassion and kindness towards others through a daily Loving Kindness meditation.
- 7** Stay connected to who you are by completing a character strengths questionnaire (such as at [www.viacharacter.org](http://www.viacharacter.org)) and find creative ways to put your top 4 strengths into practice each day.
- 8** Continue to make and attend appointments using video chat options.
- 9** Find ways to be generous and thoughtful towards others. If you live with someone, see if they need a hand with anything or offer to cook dinner.

If you would like further support and information about staying connected in difficult times, please contact USQ Wellness Educators for support [usq.edu.au/counselling](http://usq.edu.au/counselling)

