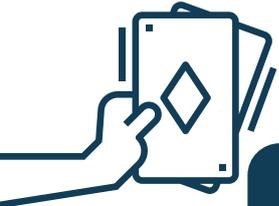




Social connection is one of our most basic psychological needs. So having to keep your distance from those most important to you can be very difficult mentally. But you can still fulfil the need for social connection from the safety of your own home. Planning time to connect with others will also give you a sense of routine, which can help give you a greater feeling of purpose.



Have a look at these suggestions for linking up with people remotely. They may not all appeal to you, but they should get you thinking – and you may have a few ideas of your own.

Whether you usually have a standing bridge date every Wednesday afternoon or spend Friday mornings with your grandchildren, you may be able to find different ways to carry on with these activities. Keeping these weekly appointments in the schedule and identifying ways to achieve this connection can have great psychological benefits. And if you don't have a regular social routine, now may be a good time to create one.

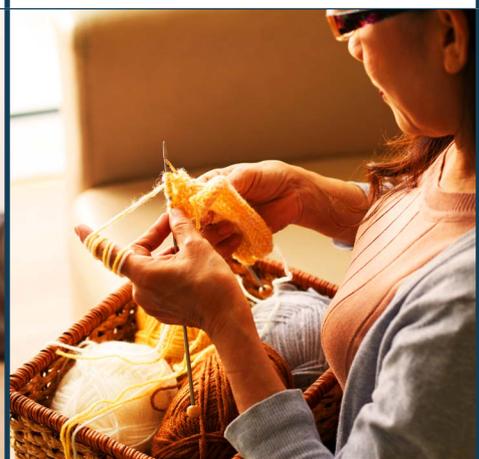
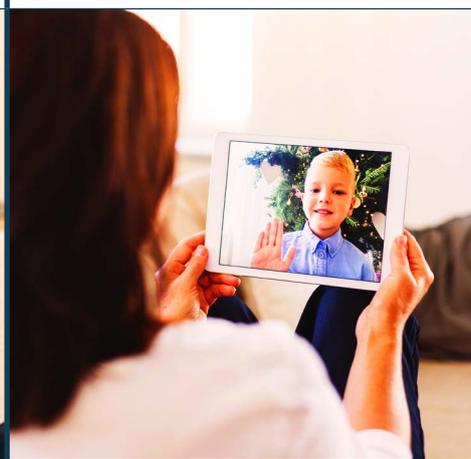
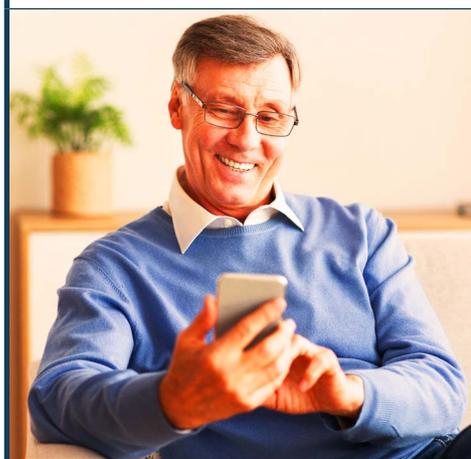
PLAY GAMES ONLINE	CONNECT WITH CLOSE FAMILY AND FRIENDS	CONNECT WITH A WIDER NETWORK
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The following games are available online and can be a fun alternative to seeing people in person for the time being:

- Uno
- Words With Friends
- Bridge
- Battleship
- Yahtzee
- Chess

- Try online storytime with grandkids
- Use one of the many ways to video chat (FaceTime, Skype, WhatsApp) to talk with family, drink a coffee and chat with a best friend, or continue a favorite hobby, such as 'knit and chat'
- Try Zoom or Houseparty for group chats – you could have a book group meeting this way, for example
- If you're more comfortable with the phone, schedule a day and time to call a friend

- Join <https://nextdoor.co.uk/> available in many countries – this helps you connect with your community
- Create a WhatsApp group and chat with your neighbours and community members
- Volunteer for a group that is collecting handmade crafts (put those knitting skills to use!)





PILLAR 3. KEEP CONNECTED



Try to plan at least one activity each day. For each activity, make a proper plan to do it and note why it's important to you. This will mean you're more motivated to stick to your plan.

We've included an example to get you thinking.

DAY	TIME	EVENT	HOW I WILL MAKE THIS HAPPEN	WHY THIS IS IMPORTANT TO ME
Sunday	10am	Going for a short walk (unless advised otherwise)	I will call Karen on my mobile phone and chat while we walk separately.	Karen and I walked every Sunday morning together for 8 years.
	5pm	Family Sunday roast dinner	I will arrange a FaceTime call with my daughter. I will set my phone up on the table in advance.	I value the time with my kids and grandkids. Just seeing their faces brightens my day.

DAY	TIME	EVENT	HOW I WILL MAKE THIS HAPPEN	WHY THIS IS IMPORTANT TO ME
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				