



# 10 WAYS TO STAY IN TOUCH

## EMOTIONALLY CONNECTED WHILE PHYSICALLY APART

Call a **friend or family member** to check in if you haven't talked to them lately.

Organize a **group video chat** with a few close friends.

Start a shared google **document of movies** you've watched and share with friends. Have them add their own and give each other suggestions, or try out Netflix Party.

Play **games with friends online** or through smartphone apps like Scrabble or Draw Something.

**Write a letter** to someone. If you have a child, have them color pictures to include or find them a pen-pal.

Find a new **online group or community** to talk about a common interest or hobby.

**Start a book club** and chat about the books on the phone or group video chat.

**Offer a helping hand.** With supplies low at grocery stores, ask others if they need anything and drop it off at their front door if you find it on a trip to the store.

**Connect online with your neighborhood** and get involved in things like outdoor scavenger hunts or mobile birthday parades.

**Post a little more** on social media or start a private blog or website to share with family. Use it to spread joy and lift others up.