

Strategies and Tips for Promoting Wellbeing during COVID-19
Center for Wellbeing
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For many, Easter weekend represents a time to be with family, attend religious services, and enjoy social events – activities impacted by the physical distancing and shelter in place guidelines. Whether you observe Easter or not, maintaining social connections can help mitigate against potential negative side-effects of physical distancing such as stress, grief, loneliness, anxiety and depression. Here are some way to socially connect during the COVID-19 pandemic.^{1,2}

- Talk to at least one friend every day
- Send someone you love a handwritten letter
- Cultivate a connection mindset – recognize the important of interdependence and make efforts to check in on introverts and extroverts alike, and validate different responses to the pandemic
- Check in on people who live alone – go through your address book and make a list of friends, family, and neighbors who live alone and may need more support. Call, text, or email them.
- Foster connections with those you’re sheltering with at home
- Have meaningful conversations
- Use video conferencing:
 - Consider upgrading your monitor – especially if video conferencing with larger groups
 - In addition to Zoom or Facetime, try other apps such as Houseparty or WhatsApp³
 - Ask family/friends to read children books
 - Host a dinner party – send gift cards for restaurant carry-out/delivery to your invitees, set a time to meet online and eat together, everyone dress up from the waist up!
 - Have a virtual Netflix watch party with group discussion afterwards (check out the Google Chrome “Netflix Party” feature that allows simultaneous streaming)
 - Host a virtual book club
 - Play interactive games online
- Attend live, virtual events such as religious services, meditations, and music concerts:
 - Healthy Minds Innovations: <https://www.facebook.com/pg/HealthyMindsInnovations/events/>
 - Grand Rapids Symphony “Hallelujah”
<https://www.youtube.com/watch?v=vGuiCj34nbQ&feature=youtu.be>
 - Italian opera singer Andrea Bocelli performing from Milan’s empty Duomo cathedral on Easter Sunday at 12pCT at: <https://www.youtube.com/andreabocelli>

¹ Friedlander, J. *9 Ways to Stay connected During Social Distancing*. Success, March 19, 2020.

² Loerzel, T. *4 Ways to Reduce Anxiety and Social Isolation*. Journal of Accountancy, April 7, 2020.

³ For more options, check out: <https://www.cpacanada.ca/en/news/innovation/2020-04-07-social-distancing-socializing-apps> and <https://techcrunch.com/2020/03/23/the-best-video-chat-apps-to-turn-social-distancing-into-distant-socializing/>