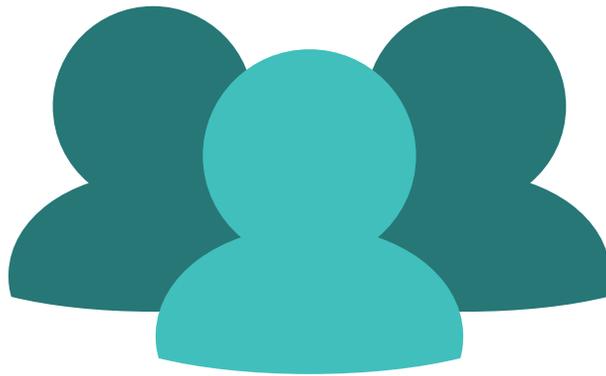


CONNECTING HEALTHILY



Introduction

Socializing has been harder during COVID due to not having a lot of regular social interactions in which we socialize with people like friends we only see at school, work, etc. As it takes more effort to socialize and can be tiring, it is easy to isolate yourself and normal to feel this way. This resource will talk about some healthy ways to connect during COVID.

COVID Fatigue

COVID Fatigue:

- Being drained from everything we have to deal with when there are no interactions with anyone
- Tiredness from the situation
- Physical and emotional aspects
 - How you're feeling
 - Ex. too much/too little sleep
- COVID fatigue is normal

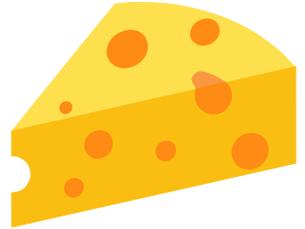


How to Deal With it

- Vary how you interact
 - Ex. If you're primarily using Zoom, do something different like playing a game, going on walks
- Practice mindfulness
- Take it day by day
- Talk about how you feel
- Exercise
- It's okay to feel isolated/unhappy
 - This is a traumatic situation and what you feel is valid

Seeing People in Person

Assess what's happening in your current situation to make any decisions. Swiss cheese analogy: even if nothing is 100% safe, taking as many precautions as possible is a good idea just like stacking layers of Swiss cheese on top of each other will cover more holes.



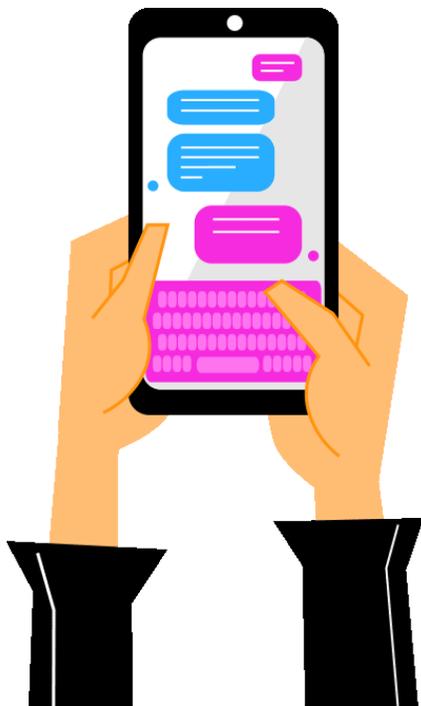
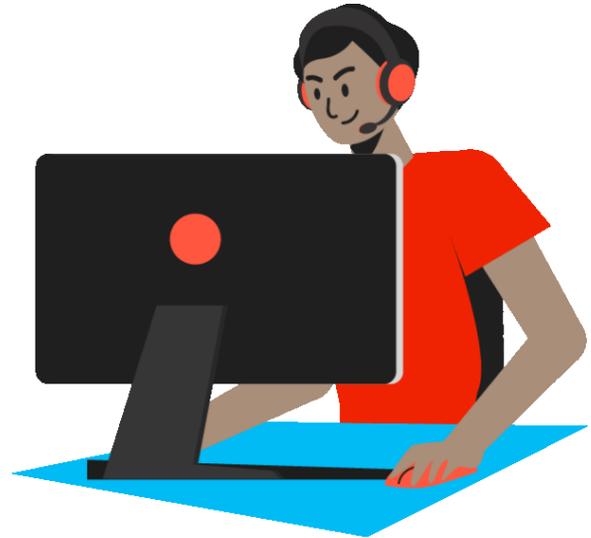
To make sure you're taking as many precautions as possible, you might want to consider some of these questions before deciding to meet someone:

- Do you have any or have you been around someone with symptoms of COVID-19
- Do you or do they have regular contact with someone immunocompromised?
- Are you going to be wearing masks?
- Where will you be meeting? Will it be outside?
- Will you be able to socially distance?
- How long do you plan on spending with the person?
- How many people are you planning to be with?
- How are you going to be getting to where you're going? (ex: walking vs. public transit etc.)
- Are you going to be meeting at a time that the place you're going to/way of getting there/home (i.e. bus/subway) will be busy?
- Are you vaccinated? Is the person you're meeting vaccinated?
How long has it been since you've received the vaccine?

Connecting Virtually

During these times, it may not be possible to socialize with people in person. If you're connecting with people virtually, here are some suggestions:

- Text and facetime friends
- Netflix party
- Taking the time to focus on yourself
 - Remember that when things get better there will be more social opportunities



- Keep in touch with friends
- studio@lumenus' drop in programs — very accessible (no obligation to keep camera on or talk using mic)
- Online games you can play together with friends - Jackbox, Spyfall, Among Us, Scribblio, online escape rooms, Kahoot
- Listening to music together
 - Spotify group sessions
 - Collaborative playlists