



# 10 Ways to Stay Connected Even at a Distance

If you're spending too much time apart from family and friends, don't forget to keep in touch—starting with these 10 ideas to reach out and stay connected:

1. **Calendar chat time.** Schedule weekly or biweekly virtual social hours—using video-chat tools.
2. **Check in daily.** Once a day, send a hello email to a friend or loved one.
3. **Send a surprise note.** Write encouraging thoughts to someone in the hospital or care facility.
4. **Show gratitude.** Send a thank you to a healthcare worker or someone else serving on the front line.
5. **Watch together.** Explore watch-together apps, such as Netflix Party, Scener, and Rave, so you can be among friends (wherever they are).
6. **Have a remote feast.** Host a virtual potluck where friends can enjoy a meal together.
7. **Be spontaneous.** Open up the possibilities that allow you to connect with coworkers, classmates, and friends.
8. **Leave little surprises.** Leave fun notes for delivery drivers and other service workers who add joy to your day.
9. **Roll some dice, shuffle the deck.** Play board games with extended family via Zoom or Google Hangouts.
10. **Forget the memes and rants.** If interacting on social media begins to affect your mood, take a break! Choosing quality time with others can do wonders for wellness.



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