



10 ways to stay connected

Staying connected through social media may feel like the default mode, but there's no replacement for genuine human interaction. Here are a few ways to boost your well-being by getting social.

- 1. Invite friends over.** Enjoy the spontaneity of a casual hangout, whether it's an afternoon of catching up over coffee or an impromptu baking session.
- 2. Write a letter.** Taking the time to write and send a letter to someone shows you're thinking of them.
- 3. Bust out the board games.** Invite people over for some friendly competition over Twister, Go Fish, or Monopoly. You'll have good times and make lasting memories.
- 4. Put away the devices.** If you've made the effort to meet up in person, be fully present. Put away your phone to let people know they matter.
- 5. Join a club or rec league.** Taking part in a hobbyist group or playing on a team is a great way to expand your social circle, foster new friendships, and awaken your inner talents.
- 6. Learn something new.** Check out local classes to learn how to whip up four-course meals, speak a different language, or bond over trail maps.
- 7. Give your time.** Volunteering is a rewarding way to give back while expanding your role in the community.
- 8. Enjoy distraction-free meals.** To have a fun meal together, make sure everyone sits at the table at the same time with the TV off and devices away.
- 9. Set a standing date.** Scheduling regular social time with a friend, partner, child, or loved one can help the relationship thrive, even when life gets in the way.
- 10. Embrace empathy.** If you sense someone is going through a rough patch, ask how they're doing, and really listen. Sometimes people just want to be heard.



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