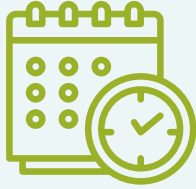


QUICK TIPS

We're Better Together

Schedule it

Set time aside on your calendar to connect with others. Set a weekly date with friends or family for a virtual meet up.



Tell others you're thinking of them

Send a card or voice message to someone each day. Check in and let them know you are thinking of them.



Find what works

Technology provides endless options to connect. Connection fills a vital need we all benefit from.



Have fun together

Plan for a virtual dance party or an afternoon happy-hour. The human spirit thrives with connection.



Exchange funny photos

Laughter is the best medicine they say. The creativity and humor coming out of this time have us cracking up. Share what is making you laugh.



Create a shared playlist

There has been no shortage of new music being released during this time. Create a shared playlist to add your favorites to.



Ask for help

Lean on others for support. The shared laughs, fears, coping strategies, and sometimes tears can be so spirit-lifting!



Start or join a virtual group

Consider a weekly book club, or cooking club. Maybe a virtual wine tasting. Things could get pretty funny and no one has to worry about driving!

