

# CLASS OF 2020!



## STAY CONNECTED DURING: SOCIAL DISTANCING

### SCHEDULE REGULAR SOCIAL PHONE OR VIDEO CALLS

Even though virtual communication isn't the same as in-person contact, scheduling regular phone or video calls with friends can be a fun way to stay connected. Try having virtual hangouts every week. This gives you something to look forward to. You can do FaceTime, Zoom, Skype, or Google Hangout. Also, you can even watch a movie or show together with all your friends with Netflix Party!



**NETFLIX**

### ENGAGE IN ACTS OF KINDNESS- (REMOTELY)

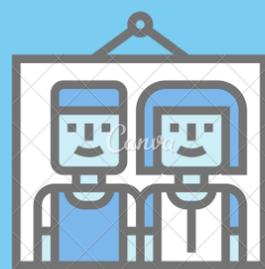


Let your friends know you are thinking of them by checking in and asking how they are doing. Or, you can even send gifts to your friends like deliver food through UberEats or GrubHub. You can also send your friends a gift card from a restaurant to support local businesses. Everyone loves a nice warm Insomnia cookie or Krispy Kreme Donuts!

### TAKE A WALK DOWN MEMORY LANE THROUGH OLD PICTURES AND VIDEOS



Go through the pictures on your phone and laptop of you and your friends. Look back at your Spring Break trip from last year, the first day of classes, or random pictures taken at school. Open up Instagram and Snapchat and reminisce on your memories. Studies show that there is a direct link between nostalgia and reduced loneliness.



### GET MOVING AND TAKE A VIRTUAL EXERCISE CLASS



Exercise is important for your physical and mental health. It is also a great way to help cope with the loneliness that comes with social distancing. Taking an online fitness class is not only a great way to exercise, but can also be fun and foster social engagement. Nike Training Club is offering FREE premium workouts during this time, as well as many other fitness trainers and gyms.

#### ADDITIONAL RESOURCES:

<https://www.psychologytoday.com/us/blog/in-love-and-war/202003/10-ideas-cope-loneliness-during-social-distancing>  
<https://healthblog.uofmhealth.org/childrens-health/8-ways-to-help-teens-cope-social-distancing-blues>  
<https://www.psych.com/coronavirus-social-distancing-mental-health/>  
<https://www.sciencenewsforstudents.org/article/how-to-deal-as-covid-19-imposes-social-distancing>  
<https://kids helpphone.ca/get-info/how-to-cope-with-social-distancing-during-covid-19>