

7 ways to CONNECT through SOCIAL DISTANCING

Below are research-based techniques to connect and improve our mental health while practicing social distancing.

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CONNECT PHYSICALLY



Exercising can improve your mood and decrease symptoms of depression, anxiety, and other health-related issues. Get active by using a mobile app or find an online fitness class.

CONNECT WITH NATURE



Social distancing does not mean we have to stay inside. Being in nature helps decrease anxiety and depression. Take a walk, bike around your neighborhood or sit on your porch to get a dose of nature while still keeping social distance.

CONNECT EMOTIONALLY



Meditation is a research-based practice that is easily accessible. Apps like *Insight Timer* and *Sanvello* have emotional resources like meditations and mood trackers you can utilize while practicing social distancing.

CONNECT SOCIALLY



When we are with other people, our stress hormones decrease and our experience of connection increases. Connect with others via FaceTime, Skype or a simple phone call.

CONNECT SPIRITUALLY



Regardless of your religion, connecting spiritually has been found to be beneficial to physical and mental health. You can pray, attend a live-stream of a church service or read scripture.

CONNECT WITH FOOD



When families eat together around the dinner table, self-esteem and connection increases. If you cannot eat with someone, try scheduling a time to eat together via video chat.

CONNECT WITH HUMOR



Having deep belly laughs decreases stress hormones and improves our mood. Sharing funny memes with others can be a helpful way to stay upbeat while under stress.