



## Staying Connected During COVID-19

While it is important that everyone follow physical distancing guidelines, that does not mean that we should be disconnected from each other. On the contrary, maintaining healthy social relationships is an important part of our overall well-being. Some suggestions for staying connected and supporting your social, physical, and psychological well-being are below. In whatever way you connect, don't let COVID-19 dominate the conversation.

### Connect with others

- Call a family member, neighbour, set mate, or friend to check in. Call for a quick check-in every day or two rather than one long check-in every week. You don't need to have a lot to say; it's all about updates and keeping in touch right now.
- Have a meal with friends: use video chat to eat a meal together.
- Have a game night online with friends.
- Have a movie night with friends. See, for example, [Netflix Party](#). Blanket forts optional!
- Find a simple recipe online and make a fun treat or meal with friends over Facebook chat.
- Join [BCIT Hangouts](#) for a fun and informal way to connect with other students.

### Get active with others

- Check out the offerings from BCIT Recreation Services on their [Healthy at Home](#) web page or on their [Instagram page](#).
- Use video chat to call friends and start your workout or yoga video at the same time. There are many free videos on YouTube, and many companies are offering free classes via IGTV or Facebook Live, as well as free trials on their websites.

### Do something for others

- Drop a treat (baked goods, a coffee, flowers) off at a neighbour, friend, or family member's door to let them know you're thinking about them.
- Provide a calming influence for someone else; listen without judgement and suggest resources.

### Study with classmates

- Schedule a virtual study session with friends or classmates. Everyone can mute themselves (so you don't hear typing, eating, etc.) and un-mute themselves when they have a question or something to say. This creates an atmosphere of connection while still allowing everyone to get their school work done.

### Get outside

- Go for a walk with someone who shares living space with you. Avoid areas where there are other people.
- Go for a virtual walk with a friend or family member. Each of you can walk outside in different locations while catching up through video chat while also getting some fresh air (and maybe some sun!)