

PHYSICAL DISTANCING DOESN'T HAVE TO MEAN TOTAL ISOLATION



Doing your part to flatten the curve by practicing physical distancing and staying home doesn't have to mean falling out of touch with family and friends.

While COVID-19 has temporarily interrupted the social routine many of us are used to, now is the perfect opportunity to get creative and continue to foster personal interactions. If you are missing your family and friends, here are some ideas to make your isolation a little less lonely.



Video chat: A simple online search for video chat will produce an array of options and apps that will allow you to have face time with your family members and friends in real time, almost as if they were standing right beside you.

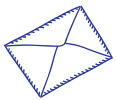
A video chat can be used to do many things you are used to doing with each other in person, including:

- Eating meals together, dinner parties with friends
- Coffee dates
- Reading stories to loved ones
- Dance parties
- Children's play dates

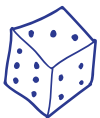
The only limitation is your own imagination.



Pick up the phone: Sure, physical distancing means you can't sit side-by-side with your best friend and watch your favourite television show, but there is no reason you can't call them while in your pajamas and munching on a bowl of popcorn while you chill in separate houses.



Revive the pen pal trend: Use the mailbox to send grandparents new fridge art, begin a story and ask the recipient to write the next chapter and return the letter, send a handmade card or a simple family update. Keep in mind not everyone has online access.



Host a virtual game night: Tap into technology and invite all your family and friends to an online game night. There are plenty of online resources to play traditional board games or you can break out a board game you have at home and play via video chat.



Start a book club: Traditional book clubs include sitting face-to-face with a group of people who have read the same book but think outside the box. Pick out a new eBook and send everyone you want to attend an invite to discuss characters, themes and plot twists in a conference call or group video chat.



Get active: Don't despair that your local gym is closed and you are missing your workout buddy terribly. Pick an online workout you both want to try and video chat while you break a sweat.