

Staying connected in lockdown

“ | Resource modified from Lim, M.H. & Badcock, J. (2020, March 17). [Social distancing can make you lonely. Here's how to stay connected when you're in lockdown. The Conversation.](#)

1. Chat at a distance

Have conversations from a safe distance. You can still interact with people safely by keeping your distance and wearing a mask.

2. Use technology

Use technology to stay in touch. If you can, consider using video. Seeing someone's facial expressions can help you to better connect.

3. Check-in with others

Check-in with friends, family, and neighbours regularly. Try to assist those who may be vulnerable (i.e. without internet access).

4. Spend quality time

Spend quality time connecting with the people you live with. Use this opportunity to strengthen your existing relationships.

5. Practice kindness

Acts of kindness (i.e. preparing food for a neighbour) helps others while increasing your own sense of purpose and well-being.

6. Schedule activities

Schedule a time to walk with a friend while keeping yourself safe in-line with guidelines (e.g., wearing a mask; physical distance).

7. Get creative

Not everyone enjoys using technology. Try writing a letter or sending a note. There are many who prefer to connect differently.

8. Say hello to strangers

Make an effort to greet others you may not know well. A simple hello can make others and yourself feel more connected.

9. Look after yourself

We can't pour from an empty cup. Manage your stress during this time. Exercise, meditate, and keep to your usual routine.

10. Keep perspective

Send messages of support to friends, loved ones, and your community. Remember this is a shared experience and you are not alone.