How to Prevent Loneliness in a Time of Social Distancing

Here are some tips and ideas on how to **connect without contact**:

Video Chat
Try having a digital dinner with someone, a virtual coffee/tea break, hold a remote book club meeting, or try video knitting with a friend.

Practice One-minute Kindness
Direct message or e-mail with a genuine compliment or expression of gratitude. When you find yourself scrolling through people's posts, stop and send one of them a few kind words. After all, we can all use a little extra kindness to counter the stress and uncertainty of the coronavirus right now.

Cultivate Your Community
What are you interested in? Whatever that is there is probably an online community of like-minded people who are waiting to meet you. Connecting with others who share your interests will help to fuel your passions!

Deepen or Broaden
Overcome loneliness by:
1). Nurture your existing relationships, or 2). form new ones. Try getting in touch with a friend or family member you haven't spoken with in a while, or reach out to someone you'd like to get to know better.

Use a Tool
Now is the time to try apps and social platforms that are designed to help us optimize our online interactions with loved ones. Or you can try using conversation prompts, such as word games, or newspaper/magazine articles, to spark interesting dialogue during a video/telephone call.

Remember Your Pet
Now is the time to spend some quality, one-on-one time with the other "person" in your life!

Source: https://www.scientificamerican.com/article/how-to-prevent-loneliness-in-a-time-of-social-distancing/