

Keep Learning | **Staying Connected to Others**

Social connections are deeply important during times of transition or stress. Being connected to others bolsters immune function, lowers stress levels, improves mental health, mood and our ability to be engaged with our learning environments. Here are some tips to foster connections with others while we all work together to physically distance ourselves in order to prevent the spread of COVID-19.

**Maintain your routine connections from school and home**

While you may not see your roommates, teammates, or other friends physically, set up times to connect with each other in regular frequency that works with your schedules. Try to connect with one friend each day.

**Aim for face to face connections via web platforms**

Video calls allow you to can pick up on body language, tone, cadence, etc. If video calling is not an option, consider phone calls, texting, and using other messaging apps

**Plan social times separate from study or class times into each day**

Try to set boundaries with your time so you can be your most productive self.

**Find new activities, or activities you have in common to try together virtually**

Participating in the same activity despite being in separate places is a great way to feel connected.  Examples include playing a game together, doing art, cooking the same recipe, charades, listen & discuss music, or reading the same book. Let this be a time for creativity – together!

 **RESOURCES TO SUPPORT SOCIAL CONNECTEDNESS**

Connection activities: <https://ggia.berkeley.edu/#filters=connection>