

FIGHT BACK AGAINST SOCIAL ISOLATION

Social isolation is tough enough. But add this pandemic to the mix and feelings of loneliness can intensify. Try some of these tips to reconnect with others and boost your spirits.



PRACTICE GRATITUDE WITH OTHERS

Tell people you love that you appreciate them.



GATHER VIRTUALLY

Find new ways to gather together, like a virtual holiday dinner.




KEEP ROUTINES

Make your bed, wash dishes, tidy up. Routine and a sense of order in your life can have a calming influence.



JOIN AN ONLINE GROUP

Join an online social group of people with shared interests.



BOOK VISITS

Book a regular one-hour virtual call with friends. If it's in your calendar, it's more likely to happen.

#CMHAHOLIDAYTIPS

