



STAYING IN TOUCH DURING COVID-19

Social distance does not mean social isolation. It's important to stay in touch with those you care about during these challenging times.

As people try and keep in touch with others through online platforms, "virtual happy hours" have increased in popularity. It's worth remembering that activities that revolve around alcohol could present challenges for people who have a history of alcohol use disorder or who just prefer not to consume alcohol. It also sends a positive message for any kids or teens in your household if they can observe you having fun and connecting with family and friends without alcohol! Here are some other ways to connect with people you care about during the COVID-19 pandemic that do not have to involve alcohol:



1. Schedule "coffee dates." Enjoy breakfast or a work break with your family or friends. You can even take a coffee break or join a book club with Morse Institute Library Staff!

2. Organize a trivia or game night. There are online platforms that make this possible like the app TriviaMaker.



3. Celebrate birthdays or other events online. Although it's not ideal, you can still find ways to make birthdays or other special occasions exciting in the time of COVID-19. Some ideas include: have everyone make a sweet treat to share via video chat or host a surprise "party" online.

4. Host a movie viewing. You can do this on websites like MeetUp.com. Encourage those participating to enjoy popcorn or snacks while watching!



5. Develop a Bingo board that your loved ones can play throughout the week. Use the online design platform Canva.com to develop your own. Some blocks can include "tried a new recipe" or "finished a book".



6. Invite your family or friends to a "Top Chef" or "Chopped" style recipe challenge. This could be a new way to find a recipe you like and enjoy the meal via video chat with those who played along!



7. Host a virtual book club. Get a group together and check-in weekly to discuss the book.



8. Start a fitness challenge. Challenge your friends to complete fitness goals like reaching 5,000 steps a day or completing an online workout program.



9. "Invite a friend to dinner". Invite a friend or family "over for dinner" by setting up a computer or phone at a spot on your table. It's a new way to connect with those you care about.

If you have any other fun ways to keep in touch with the people you care about that does not involve substances, let us know at natick180@natickma.org

