



3. create connections



Making time to connect with people improves my mood because it:

- gives me energy
- makes me feel I belong
- helps me relax
- makes me feel supported

While we can't physically connect with friends and loved ones, there's other ways to stay connected.

Try:

- connecting by video chat through Zoom or house party
- a phone call with friends and family
- online video board games nights can be used to connect with others
- meet up with a friend for a walk outside in the fresh air.