



Dear CCNY Community,

This week we present:

Letters to Home - Maintaining Social Connections While Social Distancing

While it is important to practice social distancing to decrease the spread of COVID-19, maintaining social connections is still possible and important. Below are some tips for staying social during this time:

- **Sharing Meals via Video Calls:** Many people often use meals as a way to socialize with their friends and family. Maintaining these rituals is a great opportunity to socialize and feel some sense of normalcy, even if you're sharing them through a screen.
- **Do Virtual Activities with Others:** Technology makes it possible to still engage in activities together! For example, you can cook with a friend on video chat and talk to each other on and off, as you may if you were physically together. You can also do exercise videos with friends, or watch shows with someone else from afar by syncing up streaming services.
- **Reach out to People Who Live Far Away:** It is typically easier to keep in touch with people who live close to you because of the ability to spend physical time together. Now is a great opportunity to revive connections with people who live far away. Being in touch with a range of different people can help with feelings of isolation.
- **Use Various Mediums to Communicate:** While video calls are the medium that most closely replicates being with someone in person, socializing through various other mediums, such as text messaging, e-mails, voicemails, etc. can be healthy ways to avoid monotony or take pressure off of face-to-face interactions.
- **Use Humor:** Much of the news can make people upset or increase their anxiety. Injecting humor into conversations or sending your loved ones funny videos or memes can lighten the mood and strengthen relationships.

- **Share Things Unrelated to COVID-19:** Many conversations may center around COVID-19; however, it's also important to remember that there is life outside of this virus. Sharing things like music, videos, art you made, etc. that are interesting to you is a great way to stay connected to people.
- **Volunteer Virtually:** If you have the time, reaching out to local home care facilities, hospitals, mutual care networks, etc. to see if there are ways you can support them virtually can be a great way to provide support to communities while feeling a sense of personal purpose.

Additional resources to help you connect with others while social distancing:

[Sync Netflix or other streaming services with people from a distance](#)

[Stream Broadway hits](#)

[Take virtual tours of zoos, national parks, and museums](#)

[Play games, more games & even more games!](#)

[Take online classes](#)

[Participate in Social Distancing Festivals](#)

[Volunteer to help your community members](#)

[Volunteer with a local hospital](#)

For immediate mental health support please call NYC Well 1-888-NYC-WELL (888-692-9355). NYC Well provides free, confidential services to support mental health concerns. NYC WELL is available 24/7 and can provide assistance in over 200 languages.

You can also text WELL to 65173 or access the NYC WELL website at <https://nycwell.cityofnewyork.us/en/> to chat with a counselor.

Stay safe and take care of each other,
The Counseling Center