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5 Ways You Can Avoid Social Isolation While We're Social Distancing

Loneliness is real and no one is immune – things you can do to stay connected

by GreatCall (Paid Content)



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Let's address the elephant in the room: Loneliness is real and can be tough. There's a reason that Gen.Zy3u,mgpays3dmmr of Lm0r0m0u000, "r0al 0n0m0d0r0s, h0m0g0n0s, g0m0.

The good news? Thanks to the marvels of our phones, laptops, and the Internet, it's now easier to stay connected than at any other point in human history. Miss your grandma who lives across the country? With the click of a button you can watch fun live out the candles on his birthday cake. Feeling a bit lonely in your kitchen? Get inspiration from your friends by sharing connected and smart recipes.

Consider these 5 strategies to avoid feeling isolated during social distancing. The possibilities are exciting and endless.



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1. Make New Online Friends With Similar Interests

Photography. Bird-watching. Civil War research. Cooking. Think of your favorite hobby; chances are that there are other people doing exactly the same thing. Do you spend hours searching family genealogy records? Are you an avid enthusiast for collecting the Mustang that lives in your garage? There are entire websites and online communities dedicated to just that, and every other hobby known to man. Many communities have lively online forums, chats, and virtual meet-ups. Your new cyber friends can turn into actual friends.

2. Recreate Your Social Calendar

Maybe you feel that from time to time you need a "week for lunch" dinner? Schedule a weekly call with her at the same time to keep the momentum going. The reality is if your friends were here to see you before the pandemic, and the odds are they're even more available now. Challenge yourself with a goal: Fill your calendar with at least as many socially-distanced social events as you had before the pandemic. Your friends will be grateful for the company too.



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3. Resurrect Game Night

Enter the silver lining of the pandemic: Not too long ago, it never would occur to you (or any one around) to play a game of dominoes with the couple who lives in Seattle, the couple from Toledo, and that couple who retired in the Caribbean. Now you can. Thanks to the power of your computer's videoconferencing, old-fashioned game nights can be enjoyed by those near and far. Games like dominoes or Pictionary have the potential to bring your closest old friends you haven't seen in years.

4. Transform Your Club - Make it Virtual

Plus point: How many books have you been to that involve arm-wrestling? (Answer: Zero.) How many movies might require guess "hang" (Answer: Zero.) When you think about it, the fun is most likely you've gone to your favorite home book club to make (like) another very little physical interaction. So, how do you replicate by video chatting through your computer? (Answer: There's no one better, so maybe it really is time to join a new club.)



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5. Stay Connected with Family and Friends

Regular check-ins with family and friends is an essential. It improves your quality of life. Do you want to have the conversation? Here are three simple ways you can use your phone to spread the love.

- **Make the call** - The art of conversation is never lost between friends and loved ones. Hearing the warmth in someone's voice on the other end is easy when your phone is equipped with a loud speaker for you don't have one.
- **Send a text message** - Something as simple as "I love you" or "Thinking of you" takes just a few seconds and will make you both feel better. And it's even easier with a phone that lets you just use your voice to send a text.
- **Share photos** - Everyone loves to get a fun photo from a friend or loved one. Get the party started, take and share a picture of your adorable pup. It's easy when your flip phone has a high-quality built-in camera.

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1