

## Social Connections

Hello All! ENCOMPASS is here to share, some thoughts about the importance of social connections as we continue to navigate through the impacts of COVID19 on our daily experiences.

It would have been really great if we had had the foresight a few weeks back when we first heard the phrase, “social distance” to correct this language and call it what it is. What we are actually doing is PHYSICAL distancing....and while that’s what we need to do to manage the impact of this pandemic – our need for social connection is actually stronger than ever!

### **Reach out to others and try to engage in at least 30 minutes of a day of connection!**

While technology can be both a blessing and a burden – use it to you advantage! Utilize Face Time, Teams, Skype, Phone Calls and Text Messages to connect with other people to seek and provide support.

Considering using these platforms to schedule virtual family dinners, reading bedtime stories to little family members over FaceTime who don’t live with us. It can also beneficial to find ways to connect with your co-workers right now without an agenda – does this mean a 15-minute call or video conference a couple times a week, without an agenda? This can allow you a break in your day and a chance to connect the things you would talk about when you would typically see them face to face in the office. Spend time laughing, telling stories, telling a joke, or sharing a positive experience!

Technology doesn’t have to be our only method here. Take the time to write a letter or send a card! Or teach your kids to do this!

Speaking of kids - don’t forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc.—your kids miss their friends, too!

Remember that you can contact ENCOMPASS to work with a life coach or counselor to discuss the impact that physical distancing is causing for you and your family.

Contact us at 800-788-8630 or visit us on the web at [www.encompass.us.com](http://www.encompass.us.com) and set up a profile using your company access code! After setting up the profile you will receive a verification email – if you don’t receive this please check your junk email!