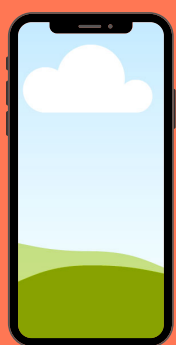


# STAYING CONNECTED

A guide to staying connected during the COVID-19 pandemic

PREPARED IN CONSULTATION WITH  
HEALTH & WELLNESS BY SENIOR NURSING STUDENTS

#UNHTogether  
#WildcatsCares



## REACH OUT TO THOSE YOU'RE CLOSE WITH

Know which people you can count on for a quick chat and lean on them when you're feeling lonely or upset. This could be FaceTime calls with your friends back home, phone call with Mom, or talking to your roommates or dormmates.



## FIND TOPICS YOU'RE INTERESTED IN AND IMMERSE YOURSELF

Are you into music, photography or coding? Gather interesting articles, videos and content online about topics that interest you and learn about them. Use this as a topic of conversation with your friends and family!



## PARTICIPATE IN SOCIAL ACTIVITIES WHILE PHYSICALLY DISTANCING

Just because the pandemic has turned our world upside down, doesn't mean you have to. You should still enjoy your favorite social activities while following CDC guidelines of wearing a mask, washing your hands, and staying 6 feet apart.



## KNOW WHEN TO CONNECT AND UNPLUG

Staying at home can lead to hours of endless procrastination, especially online. Set times that you should be focused on working and set times for rest.



## DON'T STAY INSIDE FOR TOO LONG

Being a homebody is awesome, but you shouldn't keep yourself isolated forever. Once in a while, go outside to freshen up your perspective and get the creative juices flowing. Ask a friend to join you!