

Connections and Support - *Call Your Girlfriend!*



7.20.20 Cultivating Community and Compassion Workshop, with Tasha Ortloff, Raising HOPE, Assistant Program Director



WHAT CONNECTION OPTIONS EXIST?

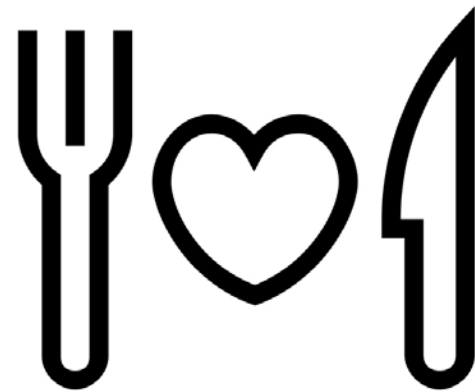
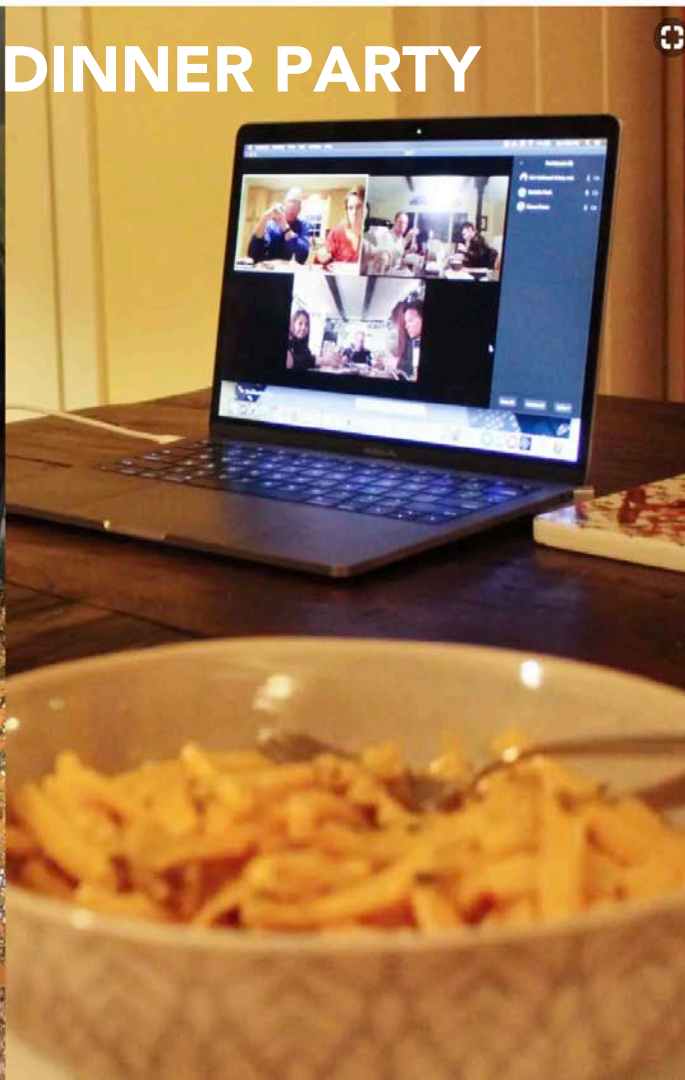
Book Club
Chorus
Zoom Dinner Party
Games
Exercise
Watch Party
and more...



Dinner Party...

[GOOGLE MEET](#) is a similar video chat program (like Zoom) with **unlimited** FREE time.

VIRTUAL DINNER PARTY



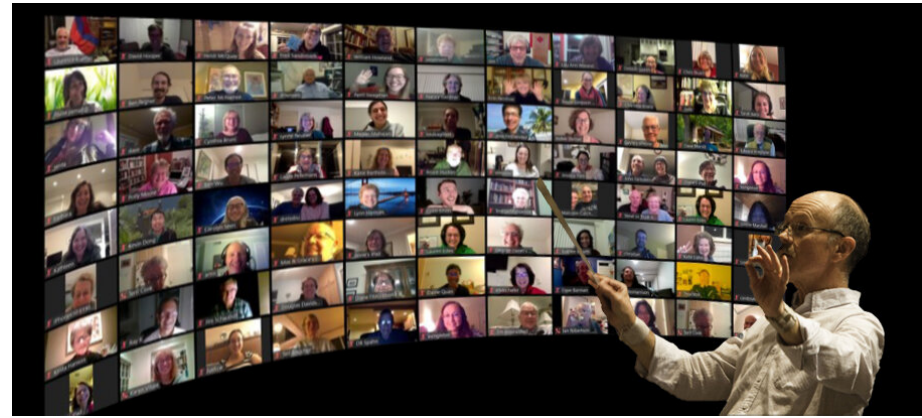
Enjoy a meal
with one friend
or many...
Check out [these
virtual dinner
tips](#) and more
[TIPS](#) and [HERE](#)

Discoveries...



KARAOKE!

How to do karaoke on Zoom [GUIDE](#)



VIRTUAL CHORUS [options here](#)





A new study finds that people who managed to remain physically active during those early weeks of sheltering at home **were less depressed and more mentally resilient** than other people whose activity levels declined.

REMEDY FOR PANDEMIC STRESS:
EXERCISE!!! [More here](#)

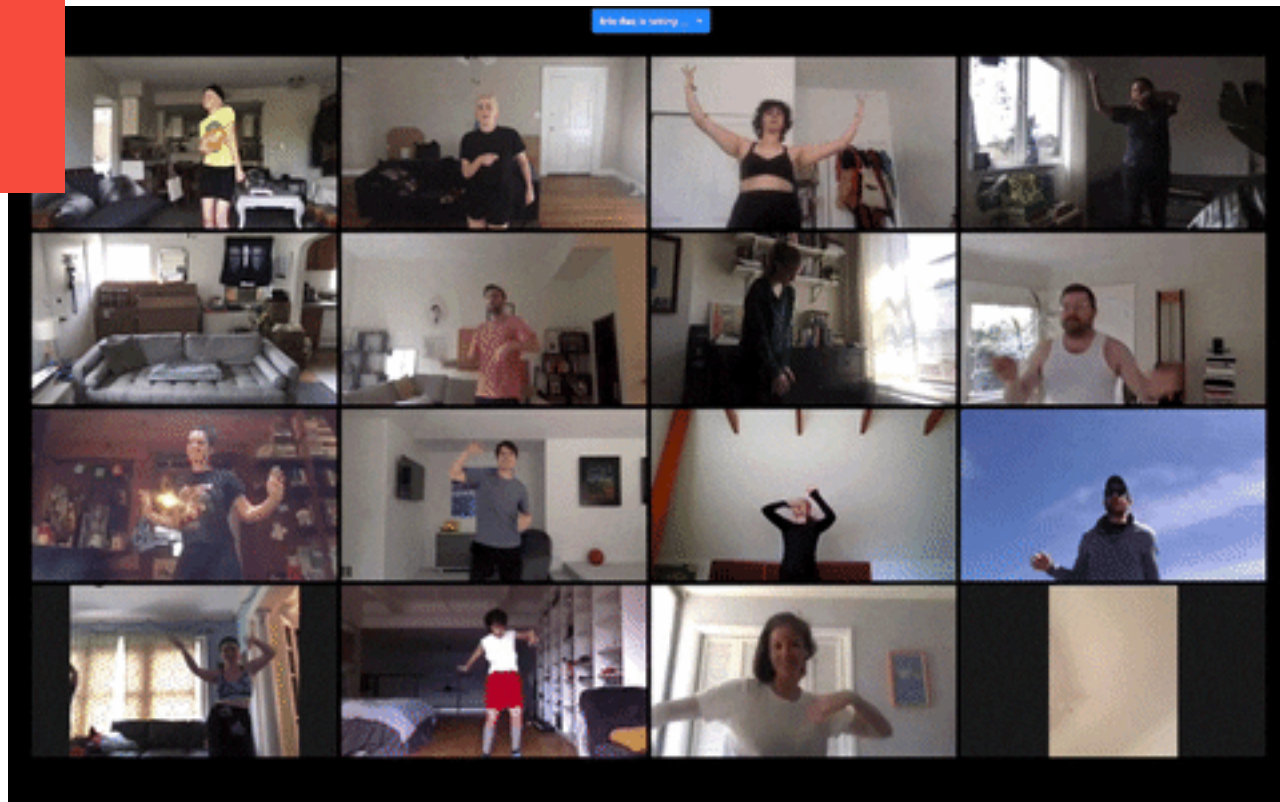
Fun, Free and Easy Exercise Videos
[HERE](#) and [HERE](#) and still more [HERE](#)

DANCE CHURCH

LIVE Streaming
Wednesdays and
Sundays

[LINK HERE](#)

++zoom options
And [info](#) here

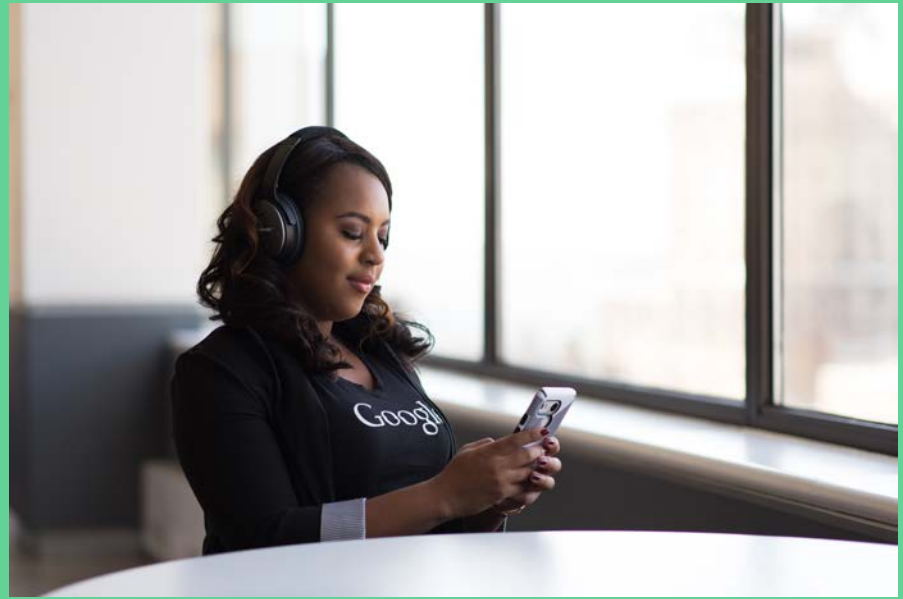


Collaborative Spotify playlists:

Connecting with friends can also be as simple as enjoying music together. If that sounds like you, Spotify allows you to create a playlist together. Through a collaborative playlist, you and

your friends can add and listen to all of your favorite songs anytime, anywhere. The best part is that contributing and listening to a collaborative playlist doesn't require a Premium account. However, those with free accounts can only add songs via a computer.

Download Spotify for iOS or Android, or use it on your computer.



MOVIE NIGHT WATCH PARTY

With your best friend or group, you can all cozy up and chat as the movie plays. Most streaming services have this feature, detailed article and how to [LINK HERE](#).





Virtual Book Clubs [LINK HERE](#)

More things to do while you're stuck in your house? Look no further.

[Play Pictionary with a robot](#)
Raising HOPE [Workshop](#)

Do what you can to support local businesses.

Download an app called [Nextdoor](#) to communicate with your neighbors.

Investigate what you can do virtually to help out, whether it's volunteering, joining a support group, or offering your skills and talents remotely to a senior center or charity.



How to invite your friends to online board **GAME NIGHTS** during the quarantine [link here](#)



"Give to others". Sound like Sunday School advice? Think again.

Give to others is now one of the five recommended '[Steps to Mental Wellbeing](#)' promoted by the UK's National Health Service.

GREAT ARTICLES

"How I'm Finding Purpose and Connection in a Pandemic", info [HERE](#)
AND "Find Volunteer Opportunities During Coronavirus" [HERE](#)

LOCAL VOLUNTEER OPPORTUNITIES

Ulster Corps HERE

Nurturing our relationships during the coronavirus pandemic is critical.

- ❖ *Give time*
- ❖ *Be present*
- ❖ *Listen*
- ❖ *Find a sympathetic ear*
- ❖ *Recognize unhealthy relationships*

Full article [here](#)

Screen Fatigue

Why do we find video calls so draining?

There are a few reasons.

In part, it's because they force us to focus more intently on conversations in order to absorb information. "Zoom fatigue" stems from how we process information over video.

On a video call the only way to show we're paying attention is to look at the camera.

But, in real life, how often do you stand within three feet of a colleague and stare at their face? Probably never...



Screen Fatigue Help Tips

Great article [HERE](#)

Another one [HERE](#)

WAYS TO COPE

Perspective

Connection

Be generous to others

Stay connected with your values

Daily routine

