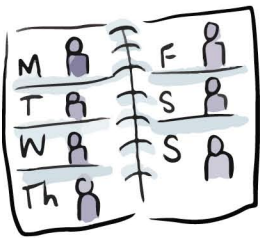


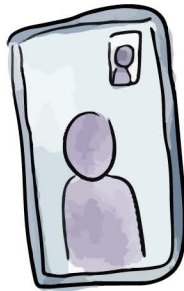


# SOCIAL WELL-BEING

Developing a sense of connection, belonging, and a well-developed support system\* *during COVID-19*



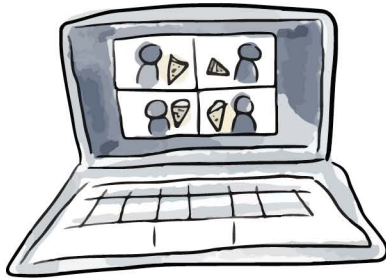
Connect with at least one friend daily (we can even catch up with those friends we may have lost touch with).



Connect via phone calls or video calls for more meaningful engagement than texting.



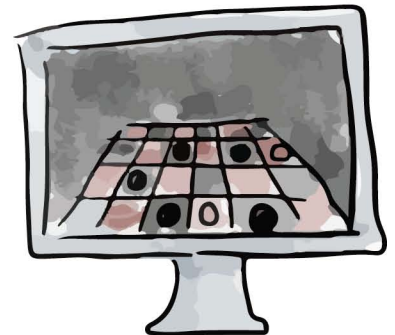
Start an [online book club](#).



Get together with friends virtually (e.g. Facetime, Zoom, Outlook Teams). Consider preparing your meals at the same time, or studying “together”.



Download Chrome extension ‘[Netflix Party](#)’ to watch Netflix with friends who are situated elsewhere.



Play online games together (e.g. [board games](#); [Tabletop Simulator](#)).

\* [Swarbrick and Yudorf, 2015](#)