



# Staying connected during COVID-19

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While some of us have been working from home for years and are used to the virtual life we suddenly find ourselves in, many of us are not. And we certainly aren't used to working from home with our entire family around, stressed and hearing questions like, "When will this be over?" and "why can't I go over to my friend's house?" We're managing a difficult situation, and that's going to weigh heavily on our mental wellbeing.

But there are strategies we can adopt that will help us stay connected both at home and work. I've already adopted a few of them, such as:

- **Hosting virtual dinner dates with old friends and family.** You never know how this is impacting the emotional health of others, so reach out to others using Zoom, FaceTime or Skype to arrange a virtual get together.
- **Making time to go outside for some fresh air and exercise.** Even though snow was in the forecast, I was outside raking leaves last weekend.

Another way to stay connected is to set yourself up to work from home in a way that fosters and supports your relationships with other teammates. For example, don't worry about the dog barking or your child asking you a question while you are on a call. This is our new reality and we're all in it together. Let's acknowledge it.

Finally, it's important to stay connected to yourself and to the world around you even during these surreal times. Personally, I always try to work by a window, if possible. I find that if I can still see the world outside, my yard, trees, and even the snow that continues to linger here in Minnesota, I just feel better.

So even if you feel alone, you're not. We are all in this together and we are going to get through this. Together.

Below please find the latest tools from Resources For Living to stay connected.

- **Set for Success** — an article on adjusting to remote work
- **Teamwork** — an article on managing a remote team through COVID-19
- **Connect** — an article on staying connected without leaving the home
- **An infographic with suggested activities while at home**

Staying connected virtually can help keep you safe and sustain your emotional wellbeing through this unprecedented time.