



4 Ways to Stay Connected While Practicing Social Distancing

Covid-19 has fundamentally altered the way we function socially and professionally. In the midst of a pandemic, how should we safely stay connected to one another? Luckily, we live in a digital era which supports the ability to join together, even if it's not face-to-face. Read on to understand some ways we might better engage with one another from a distance.

Use Social Media and Video Chat Platforms

There are tons of social media platforms, as well as group chat experiences, that can help you see what friends and family are up to. Social websites such as Reddit, Facebook, Instagram, Twitter, YouTube, TikTok, Snapchat, WhatsApp, Tumblr, Pinterest - the list goes on - are designed for you to interact with friends or other users. Join neighborhood groups via Facebook or Nextdoor to bond with those in your immediate community. Or maybe an interest group is a better fit - try an online book club, knitting group, Sounders megafans - whatever you have a passion for and would love to talk to others about.

For face-to-face video chatting with friends and family, try out platforms like Messenger, Zoom, Google Duo, Skype, or Discord.

Try Online Group Gaming

If you're ready for a game night with a group of friends, there are lots of options out there. Give Tabletopia, Jackbox, Arkadium, or Houseparty a go. If you miss sitting back to watch a movie with friends, Netflix Party is a Google Chrome extension that allows you to stream a movie at the same time as buddies, and it includes a chat feature so you can banter throughout the show.

Get Moving

As fitness centers shuttered their doors during the pandemic, several gyms and online fitness opportunities started to fill in the gap. So try out a class, and join others as you break a sweat and stay fit while keeping safe. Here are a few free YouTube channels to help you get moving:

- [Yoga with Adrienne](#) - yoga
- [PopSugar Fitness](#) - HIIT, cardio, dance
- [Blogilates](#) - pilates, strength training
- [Heart and Soul Fitness](#) - HIIT, strength training
- [Move With Color](#) - dance

Give Back

Seek out opportunities to volunteer and give back to your local community. Especially in these uncertain times, many nonprofits and volunteer organizations could use your help to reach out to others, and help pitch in from the safety of home. Check out VolunteerMatch to see if there could be some fitting opportunities near you.

We at the Career Action Center are always eager to meet with you and connect! If you'd like to keep in touch with us online, please join us on our social channels:

- [LinkedIn](#)
- [Facebook](#)
- [Instagram](#)
- [Twitter](#)
- [Reddit](#)

We hope to see you soon!