

Have you been social?

In the mental health and wellbeing tip “Let’s be social” it was highlighted how a simple five-minute social interaction can become a building block to breaking out of social isolation habits that stem from the ongoing pandemic.

Have you engaged with someone socially whether it be for a meal, conversation, or walk in the last few days?

If so, how did it benefit you?

We don’t ask you these questions to hold you accountable, but more so to allow you to lean into self-reflection which can be helpful in finding the best path to resilience.

For example, if you found a burst of energy from going on a morning jog with a friend, you may want to incorporate it into a daily routine.

If you feel that you haven’t made an intentional effort to re-establish a social interaction, here are a few simple ways you can get started:

- Eat a meal with someone.
- Ask someone what they are reading or listening to right now.
- Reach out to someone you’ve lost touch with.
- Move with someone – dance, ride a bike, walk, or run.
- Strike up a conversation with a stranger.
- Tell someone a joke.

As a reminder, breaking social isolation habits will take some effort and starts by giving yourself permission to set small, achievable goals such as five minutes per day.

To that point, you never know what treasures lie ahead, but you need to challenge yourself to get there.