

Cultivating and Nurturing Connection in the Age of Social Distancing

In a year filled with tremendous change and mobilization to locate innovative ways to achieve workplace goals remotely whenever possible, the risk for feeling isolated is incredibly high.

Why is isolation dangerous?

While having some time alone to rest or attend to a personal hobby or passion can be restorative, too much time away from others can be detrimental to our overall well-being. Too much isolation can lead to feelings of apathy and existential dread. It can make it more difficult to connect with a sense of purpose for our work which, for many of us, generates a sense of deeper meaning for our lives.

It doesn't have to be "all or nothing"

While it's true that physically being near others outside of your household may not be a safe or healthy option in the context of a pandemic, that doesn't mean that all is lost. It may not be quite the same, but there are still ways to connect with others in meaningful ways during this time. Even if it's just for 15 minutes a day, it's worth it.

Ideas for maintaining connection while staying physically apart:

- Create an "office Bingo" challenge related to common stressors in the age of COVID
 - Common squares may include:
 - having to say, "you're on mute" to someone in a Teams meeting
 - watching someone walk from one room to the next while on camera
 - becoming acquainted with your colleague's pets as they make cameo appearances in meetings
 - listening to a side conversation that's occurring when your colleague thinks they're on mute (they aren't)
 - staring directly up your boss's nose because their camera angle is unfortunate
- Send some old-fashioned handwritten holiday cards to family and friends
- Schedule "office hours" once a week when you can catch up with colleagues over Teams or Zoom without a set meeting agenda
- Order carryout to be delivered to yourself and a friend. Schedule a virtual meeting to enjoy lunch "together"
- Schedule a time with a friend to watch the same movie at your respective homes. Call them afterwards to discuss what you liked and what you hated
- Join a virtual book club
- Join a virtual yoga session or workout class
- If you live with others, sit down to a meal together in which there are no screens allowed. Have an actual, real-life, in-person conversation.



If you're struggling to find workable ideas

Join one of the Recharge Virtual Support Sessions hosted by the STAR Program to get some in-person support to brainstorm ideas.

Sessions will be in an open format and each 30 minute session will feature a topic such as coping or resilience. Offered each Tuesday and Thursday from *7:45 a.m. – 8:15 a.m.*

[Join Support Session](#)



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