

## Social Distancing and Depression

We have been asked to practice social distancing, which means that you may not be able to physically be around friends or certain family members. Social distancing and isolation can sometimes increase feelings of loneliness and sadness. Feelings of loneliness and sadness often go hand in hand with depression.

While electronic devices may help to keep us in contact with the people in our lives, they often do not help us to feel connected to people. When we feel disconnected, we are often sad and can have feelings of worthlessness and hopelessness. To combat these feelings, we must **FIND CONNECTION** with each other.

A great way, and safe way, to do this is to increase connection with family. Below, are ideas for you to increase connectedness and decrease feelings of depression.

### Connect with Family:

Use this time to focus on connecting and building relationships with your immediate family members. We tend to spend more time on our devices than we do talking to the people that we live with. This week I challenge you to do one connecting activity with your family each day! Here are some ideas:

1. Have a meal together without any electronic devices.
2. Play a game with each other.
3. Practice self-care together (exercise inside, meditate, read, goal planning etc. ).
4. Do an act of service for someone in your family (do a chore without being asked, make someone's bed for them, etc.)
5. Call (not text) and talk to a friend or extended family member.
6. What other ideas can your family come up with?



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Here is a fun game to play with your family! Print or rewrite the questions on paper, cut them out, place them in a cup. Each person picks a random question out and either answers for themselves or asks a family member the question. **Have fun!**

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**Is it more important to be smart or personable? Why?**

**Who do you look up to?**

**What will be the best thing about leaving home and what will be the scariest?**

**If you were to inherit a fortune, what would you do with it?**

**Do you believe in aliens?**

**How would you like to redecorate your room?**

**What are your favorite movies?**

**What are the best and worst toppings for pizza?**

**What job would you love to have?**

**What foods do you think should be banished from the earth?**

**What's your biggest pet peeve?**

**What is one of your best memories from childhood?**

**If you could shop for free at one store, what store would you choose?**

**What do you know about your ancestors?**

**What is the nicest thing you have ever done for someone?**

**What is the worst haircut you ever had?**

**What is a funny story about one of your family members?**

**What is the most embarrassing thing that has happened to you?**