

Connection.

This distance created between family members because of COVID has made many of us lonely for one another. It has been a harsh reality of how much we need each other and how much we need connection.

We have to EMBRACE and ACCEPT what we CANNOT change and CHANGE what we have CONTROL OVER – *even if the only thing we can change is our attitude.* 😊 When we make a choice to embrace our circumstances whether we like them or not we can change our perspective on them.

1. Explore alternate ways to spend time together – apart

There are so many ways to connect with people now – we just have to choose to engage.

- i.e.
- Zoom / FaceTime / Google Meet / WhatsApp video calls
 - put the video on your phone/computer/tablet while you're eating
 - Talk on the phone more frequently with your loved ones
 - play games online – scrabble or other interactive games
 - Group chats on smart phones

2. Check in regularly

Create a routine when you call family members, so you call or check in on a specific time every day or each week. It gives both you and your family member something to look forward to – anticipation builds hope.

Note: *if you have to break the regular routine, make sure you inform your family member, so they don't get concerned or cause them distress.*

3. Acknowledge how you feel

Acknowledging how you feel gives you the ability to change. By sharing how you feel with someone gets those feelings on the “outside” rather than stuck inside. We experience a sense of healing when we feel heard by someone. Don't compare how you feel with anyone else or how you think everyone else is doing. How you feel is important and significant and needs to be acknowledged.

If someone is sharing with you how they feel, don't try to fix (unless they are asking for help) them or tell them they “shouldn't have to feel that way”, reflect back to them what they said and validate it –

“it makes absolute sense that you are lonely for your family, you haven't seen them in 5 months...”

“sounds like a very difficult time having your business open and close during COVID, it makes sense that you are frustrated and angry...”

4. Hold space for others

We are all going through this pandemic together. Holding space for someone means that when someone needs you, be there for them in whatever way you can. Don't turn the attention back onto you and share your experience as being “worse than theirs”. Allow someone else the space and hold it for them It is healing to be heard and listened to.