

a few notes

Topic: Staying Socially Connected



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

COVID-19 has us experiencing different levels of uncertainty in our every day lives. One of the most impactful forms of uncertainty is the various quarantine and isolation measures we have self imposed on ourselves. Our normal life included concerts, gatherings with friends and family, sports, social events, etc. The pandemic has altered many of our plans and left us in isolation leading to stress, irritability, insomnia, mood disorders, etc. According to psychologytoday.com, we need to stay socially connected. How are you staying socially connected? There are many things you can do to stay socially connected while practicing social distancing. Of course you have phone calls and text but have you tried a Zoom party, Facebook live chat, Google hangout, or Houseparty. Whatever way you can stay connected, please connect with others for your physical as well as your mental health.

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