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Top 5 Ways to Stay Social While Social Distancing

Our Friends · Friday, May 21st, 2021

One of the challenges of social distancing is — not surprisingly — the fact that it puts distance between people. But just because you are trying to stay physically far away from others, that doesn't mean you need to become anti-social. There are many ways to connect with friends and family from a distance. Here are some methods you can try.

1 – Play board games

Board games are a great way to bring friends and family together to have some fun. That said, socially distant board gaming involves playing the game over video calls, and not all games lend themselves to being played that way.

The good news is that many manufactures have put out modified rules to make playing their games through video calls easier. That's what the manufacturers behind the [70s trivia board game Boom Again](#) did last year. They even put up a video illustrating how the game can be played online.

2 – Phone calls

The younger you are, the bigger the chances that you loathe long and drawn-out phone calls. But talking to someone directly over the phone is still one of the best ways to connect from a distance, especially if you want to talk to your older friends and relatives. So if you haven't, try calling your parents or grandparents. It might be more fun than you anticipate, and even if it isn't, you'll be making a big difference in their lives.

Predictable routines also have a stabilizing effect in these times of uncertainty. So you should consider making scheduled phone calls every day or every other day, so the person on the other side knows exactly when they'll get to hear your voice again.

3 – Online gaming

While board games are a great way to connect with people you know, online games can be a good way to meet total strangers. You can play online with friends and families as well, but unless they were already gamers before the pandemic started, getting them to start playing now can be a bit more difficult.

If you decide to play online games to be more social, bear in mind that it's entirely possible to play online and not interact with anyone. So you'll want to make an effort to chat with other players,

join teams or guilds, and find opportunities to talk to other players using voice chat.

4 – Become a volunteer

Speaking of talking to strangers, many institutions are looking for volunteers who can call to check on elderly citizens and other vulnerable groups around the nation. If you have the time to spare, consider becoming a volunteer. You'll get to help someone else feel less lonely, and feel less lonely yourself in the process.

5 – Join an online book club

Book clubs are a good choice if you have the free time for them. Not only do the online group reunions give you a chance for some much-needed social interaction, but the fact that everyone reads the same book means that everyone has something to talk about. Plus having something to read in between meetings will help keep the boredom at bay.

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