

Let's be social

The pandemic has resulted in so much social isolation and disconnect from routine human interactions that it's become habit for many of us.

Like most habits, we are the only ones that can be active participants in breaking them.

This requires us to be deliberate in creating time and space, no matter how brief it may be. When we find as little as a few minutes to be human during our workday through interacting with others on a personal level, our energy levels may increase.

You can start by giving yourself permission to set small, achievable goals such as five minutes per day to interact with a colleague on a personal level. Breaking some isolation habits won't happen immediately, but simply placing value on social connections can help us return to healthier pre-pandemic routines.

Here are a few simple ways we can engage others on our way to re-establishing more social interactions:

- Eat a meal with someone.
- Ask someone what they are reading or listening to right now.
- Reach out to someone you've lost touch with.
- Move with someone – dance, ride a bike, walk, or run.
- Strike up a conversation with a stranger.
- Tell someone a joke.

