



Employee Assistance Program

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Mindful Moment



“Physical Distancing Must Lead to Social Isolation.”

MYTH or FACT

MYTH.

Our best defense against social isolation is to find new and creative ways to connect with others. Here are a few suggestions to stay connected and boost your mental health:

- **Virtual lunches** with co-workers or friends
- **Virtual game nights or escape rooms** Check out [Queen City Escape Room](#) for a local fix.
- **Live, online exercise classes** your favorite local gym or studio is likely providing live, online classes during this time. Need some relaxation in your life? [The Himalayan Institute](#) is providing free Saturday morning Yoga and Monday Meditation classes.
- Make a date for some **physically distanced hiking** - here's [a list](#) of some great hikes you can take locally - check out the fall leaves and make time for the people you love.

If you want to develop your social wellness and work on strategies to help decrease feelings of isolation, you can request an appointment on our [website](#) or contact us directly at (716) 681-4300.

Contact C&FS EAP