

Ways to Stay Connected in the New Normal

With social restrictions still in place in the face of the new normal, socialization is not what it used to be.

Face to face interactions over coffee and a meal are hampered by plastic partitions in dine in restaurants. Hugging and air kisses are already taboo. Gone are the days when you see each other's faces without masks and face shields in the way.

It is natural to feel disconnected since social distancing has become part of the new protocol. However, it naturally takes its toll on your mental health.

The good news is, with new technologies, applications and tools available nowadays, there are ways to connect with the people dear to you even if you are miles apart. Here are a few ideas to stay connected without physical meetings.



Have a virtual coffee date.

Missing long chats with your friends? Set a time and date for virtual get together. Prepare your favorite cup of joe and prepare to catch up on months worth of stories.



Start a watch party

Several streaming platforms are offering options to hold watch parties. You can share your screen on Zoom or invite up to 50 people on Netflix so you can watch something together. Amazon Prime, Hulu and Disney Plus also offers their own watch party features.



Solve a mystery together

There are several breakout rooms that are now offering their services online for a fraction of the price. Solve a particularly fun and difficult puzzle with your friends and break out of the room within a specified time frame. It's a unique activity that will remain in your memory for years to come.



Have a board game night

Some platforms offer users the opportunity to play their beloved board games online. Have fun with your squad and test your skills in Pictionary, Yahtzee, Clue and other classic gems.

