



# Social Distancing Does Not Mean Emotional Distancing

While we're instructed to keep our distance from one another physically during the Coronavirus pandemic –

Claremont encourages you to decrease your emotional distances!

Let's all reach out and communicate more than usual!

- Call a loved one to say hi and check in
- Write an old fashioned letter
- Hold a family meeting – in person, via phone/video or both! – to discuss hopes and expectations while spending more time together at home
- Create a group text for a set of friends or family to ease check-ins
- Rely more heavily on FaceTime, Skype or video chat
- Create community by emailing a group of neighbors to find out how they're doing
- Schedule a conference call with colleagues to check in and share information

**Claremont EAP provides free and confidential counseling, legal and financial consultations and work/life referrals.**

**800-834-3773**

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