

# BATTLE FOOD

Here are just a few resources to help you in the battle. Start small and click on any/all of these recommended videos, articles and books. You can always "google" more later.



## THE SECRET TO LIVING LONGER MAY BE YOUR SOCIAL LIFE

A short TED-TALK by Susan Pinker that highlights some surprising and hopeful tips on how to live longer. It's not cheesy at all.

## CHILDHOOD 2.0

A full-length documentary discussing the impact of technology and social media on the mental health of children

## RECLAIMING CONVERSATION

A lecture based on Sherry Turkle's book "Reclaiming Conversation: The Power of Talk in a Digital World"



## 180 QUESTIONS FOR CONNECTING CIRCLES AND DELIGHTFUL DISCUSSIONS

To get to know each other, build trust and community, or save a terrible day from the jaws of darkness - break out these questions and connect.

## BEING ALONE TOGETHER

A short and sweet article with practice tips on how to navigate through these difficult times

## 52 GRATITUDE JOURNAL PROMPTS

These prompts can aid with living each day with meaning and presence.



## EVERY CONVERSATION COUNTS: THE 5 HABITS OF HUMAN CONNECTION THAT BUILD EXTRAORDINARY RELATIONS

Riaz Meghji explains how we all crave connection, we were never meant to live alone or communicate only in "likes" and retweets and gives steps on how to make every conversation count.

## THE VILLAGE EFFECT: HOW FACE-TO-FACE CONTACT CAN MAKE US HEALTHIER AND HAPPIER

Susan Pinker takes her time to explain why need face-to-face contact and all the science behind how it is necessary for our lives.

## BLACK FATIGUE: HOW RACISM ERODES THE MIND, BODY, AND SPIRIT

Written during the COVID19 Pandemic, DEI expert Mary-Frances Winters explains the impact that racism has on mental health for marginalized groups and offers help.



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# BATTLE TOOLS

Pick any of these practical ideas to take steps forward in the battle against isolation and loneliness. Remember that for now it's not about social distancing but about distantly being social.

## ACKNOWLEDGE HOW HARD THIS IS

We have missed out on a lot this year. This is hard and acknowledging that fact helps us to take steps forward in changing things. Acceptance may not change our painful circumstances but it reduces our suffering in the midst of situations we cannot control.

## BE CREATIVE IN YOUR CONNECTING

Maybe play a game together that you've never played before, use get-to-know-you questions cards, or try an activity that is new. Writing letters, acts of charity, etc. all work!

## COMMIT TO CONNECTION (VS. MERE CONTACT)

It is not always the complicated things that create progress but the simple things that we do consistently. Ex. 10-min tech free check-ins.

## CREATE MORE THAN YOU CONSUME

Research shows that commenting on a post instead of just hitting "like" has a more positive impact on the person who commented than just scrolling. Reconnect with interests that you had as a child that have grown dormant as an adult.

## LIVE AN OUTWARD-LOOKING LIFE

No matter how hard your life may be right now there will always be someone who can benefit from your smile, your ear, an act of service, or a kind gesture. Sometimes this can serve as a healthy distraction from your own worries and other times we get back what we give.

## KEEP A ROUTINE (JUST A SMALL ONE)

Remember: one achievement task and one pleasure task.

## PRACTICE GRATITUDE

There's a lot we don't have. But think long and hard of what and who you DO have. Write this down as a list. Everything from a roof over your head to socks on your feet (both of them).

## SLEEP

Just as there is good body hygiene, there is sleep hygiene. Try some of [these tips](#) to help you sleep stronger and smarter.

## REMEMBER THIS ISN'T FOREVER

This pandemic will be behind us one day. In the mean time, we can be better even while we are waiting for things to get better.

## CONNECT WITH THE PROS

Here are some resources and professionals you can connect with:

- Call your Employee Assistance Program
- Visit [www.psychologytoday.com](http://www.psychologytoday.com) and search for a therapist
- [www.togetherall.com](http://www.togetherall.com) (formerly Big White Wall)
- [www.bouncebackontario.ca](http://www.bouncebackontario.ca)
- Download the "CBT-I" app from your app store to support better sleep habits
- [www.connexontario.ca](http://www.connexontario.ca) for a listing of mental health and addiction resources