Social isolation is tough enough. But add this pandemic to the mix and feelings of loneliness can intensify. Try some of these tips to reconnect with others and boost your spirits.

**FIGHT BACK AGAINST SOCIAL ISOLATION**

**CANADIAN MENTAL HEALTH ASSOCIATION, ONTARIO**

If you or someone you know is struggling with mental health and addiction at any time, please reach out. Help is always available.

**LOCAL CMHA BRANCH SUPPORTS**

**PROVINCIAL MENTAL HEALTH SUPPORTS**

#CMHAHOLIDAYTIPS

1. **PRACTICE GRATITUDE WITH OTHERS**
   - Tell people you love that you appreciate them.

2. **GATHER VIRTUALLY**
   - Find new ways to gather together, like a virtual holiday dinner.

3. **KEEP ROUTINES**
   - Make your bed, wash dishes, tidy up. Routine and a sense of order in your life can have a calming influence.

4. **JOIN AN ONLINE GROUP**
   - Join an online social group of people with shared interests.

5. **BOOK VISITS**
   - Book a regular one-hour virtual call with friends. If it’s in your calendar, it’s more likely to happen.

6. **GATHER VIRTUALLY**
   - Find new ways to gather together, like a virtual holiday dinner.