STAY CONNECTED.

Social connections are an important piece of mental wellness. There are numerous ways to use tech to connect!

PantherWELL Peer Educators share how they stay socially connected while socially distancing:

- **GAME NIGHT!** Whether you use Jackbox or log into some of your favorite MMO games, there are many options to play games with your friends!

- **VIRTUAL DINNER DATES!** Set up a video chat with your friends, cook at home or order delivery from some of your favorite restaurants, and take some time to virtually hang out with your friends.

- **PICK UP THE PHONE** and check in on family and friends! Give grandma a call, or Facetime your best friends to check in.

- **VIRTUAL MOVIE NIGHTS!** Turn on your favorite streaming platforms and fire up the video chat for a virtual movie night!