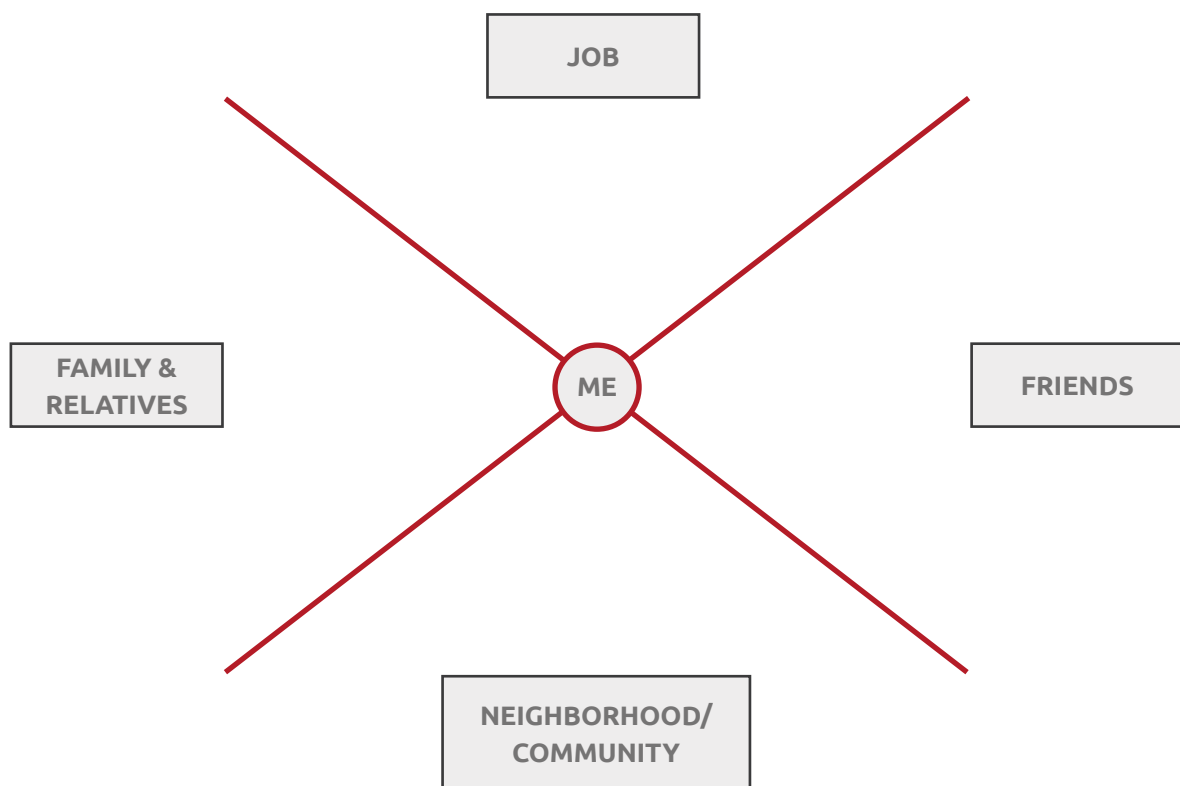


STRENGTHEN YOUR SOCIAL CONNECTIONS

FIRST, IMAGINE YOUR SOCIAL NETWORK:

1. Draw small circles to show your most important contacts in the respective sector. Write the name or the abbreviation in it. Also consider the distance you feel towards this person: The closer you feel to this person, the closer you place the corresponding circle to yourself.
2. Then you can mark the circles where you would like to be closer or contacts that you have neglected in the past time.



NOW IT'S TIME TO ACT

What do you want from these people? Tell them - openly and honestly. What would you like to do yourself to create more proximity? Where you have noticed „too much distance“, you can immediately change something - of course without disregarding the current regulations of „social distancing“! In the present time proximity is created primarily through communication and gestures. Here are a few examples:

- write a letter or a postcard
- send a packet of home-baked biscuits
- call someone (preferably with video function)
- ask someone for support
- offer someone support
- organize joint cooking evening via video
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COME UP WITH SOMETHING!