

# Kaelo lifestyle

family wellbeing: AskNelson

Connection



# Connection

Social connection improves physical health and psychological well-being. One telling study showed that lack of social connection is a greater detriment to health than obesity, smoking and high blood pressure. On the flip side, strong social connection leads to a 50% increased chance of longevity. In a time of social distancing how do we stay connected?

## MOVE

Play Twister. It will be great exercise and will definitely bring your family closer together! If you don't have Twister use paper plates and make your own.

## CREATE

Pull out all your old photos. Reminisce and tell the old stories. Build some albums or scrapbooks. Even create a "Lockdown" album!

## BE OUTSIDE

Take time to connect to what is around you outside. Walk in your garden, pick flowers to arrange and feed the garden birds. Allow yourself to sit outside, watch the birds and simply enjoy being outside.

## CONNECT

By now we are all missing the casual banter we are used to with our colleagues, the petrol attendant and cashier. Make a point of spending 5 minutes of each "work" conversation to just check in with each other. If you have friends or family who are isolating alone be sure to check in often. If you are isolating alone, be sure to reach out.

## HAVE FUN

Families that play together stay together! Turn off the technology for a few hours and get out the good old fashioned board games. You won't regret it. You can even use a video chat platform to have a games night with friends.

## RESTORE

This is a great time to reconnect and restore relationships you have lost track of. In the hustle of our every day lives we lose touch with people who were once important to us. Now you have the time to reconnect.

## Contact Us

**kaelolifestyle**

family wellbeing: AskNelson



0861 635 766 or \*134\*928#

Send a 'please call me' to  
072 620 5699



asknelson@kaelo.co.za



www.kaelo.co.za

*Standard call rates apply*