# Beat Isolation Checklist

## Checklist

* Call or voice-note a friend or family member
* Join a virtual coworking session (e.g. Focusmate, Flown)
* Comment in an online community or forum
* Schedule a short walk with a neighbour or friend
* Work from a local café or library once this week
* Join a live online class or networking event
* Send a check-in message to an accountability buddy
* Block social connection time into your weekly calendar
* Add a human 'touchpoint' to your morning routine
* Take part in a group chat (WhatsApp, Slack, etc.)