

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.)