

Engage Virtually

Staying connected is essential to good physical and mental health. There is no one-size-fits-all solution, so choose a few things that suit you and commit to them.

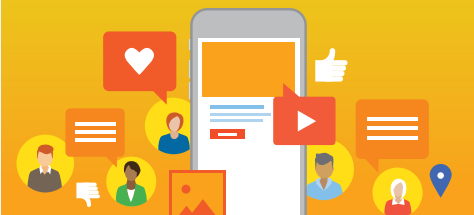


COMMIT TO
Connect

Connect

Social media

can keep you connected with loved ones or help you reconnect with people you haven't seen in a while.



Video calls bring the faces of family and friends into the conversation for a better experience.



Letter writing is a great way to reminisce with friends and share your favorite memories.



Local newspapers and bulletins keep you in the loop on current events that are important to you.

Explore



Online courses and tutorials are available on almost any topic you want to learn more about.



Museums and galleries all around the world are currently displaying their collections online.



National parks offer virtual explorations of nature from the comforts of home.

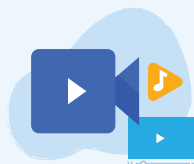


Zoos and aquariums stream videos and live webcams for animal watching in real time.

Unwind

E-books and audiobooks

are available from the library without leaving home. Virtual book clubs can connect you with others enjoying the same book.



Online performances offer musical relaxation through websites and video channels.



Virtual gatherings for a movie, game night, or dinner bring friends and family together for an evening of fun.



Meditation and yoga restore body and mind through video channels, livestreams, and apps.

Visit [ACL.gov/CommitToConnect](https://acl.gov/CommitToConnect) for more on how to stay connected.