

# HOW TO CONNECT WITH COWORKERS OUTSIDE OF WORK

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# Importance of Connection

- Good social contacts are vital to our lives. They are there when we need support. They know us best therefore can give us good advice. By talking, listening and connecting to others you get a good look into the lives of others and maybe a new perspective on your own life. Many great health benefits come from good connections as well.



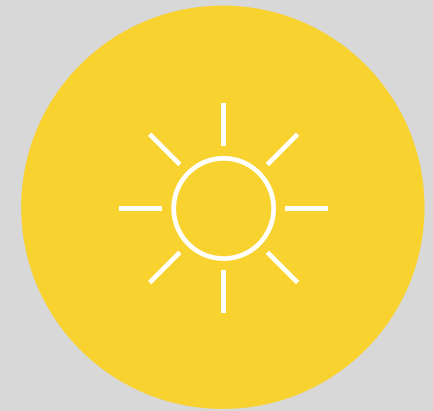
# Why Activity with Coworkers



**AS HUMANS, WE ARE SOCIAL CREATURES. OUR MOOD AND MENTAL HEALTH ARE IMPROVED WHEN WE ARE SPENDING TIME WITH FRIENDS. SIMPLY BY BEING AROUND THE PEOPLE YOU ENJOY YOU WILL BE LESS TENSE AND BE MORE OPEN ALLOWING YOU TO BUILD LASTING, MEANINGFUL RELATIONSHIPS.**



**IT'S NO SECRET; GETTING ACTIVE IMPROVES YOUR HEALTH. YOUR CARDIO, MUSCULAR, SKELETAL, AND MENTAL HEALTH ARE BENEFITED BY EXERCISE. ADD SOME OF YOUR FRIENDS INTO THE MIX AND YOU HAVE A RECIPE FOR FUN.**



**OUTDOOR ACTIVITY ADDS THE BENEFIT OF THE SUNLIGHT. THE SUN'S RAYS ON OUR SKIN PROVIDE US WITH VITAMIN D. VITAMIN D IS AN IMPORTANT VITAMIN THAT OUR BODY DOESN'T MAKE NATURALLY. SUFFICIENT AMOUNTS REDUCE THE RISK OF ILLNESS.**

# IDEAS FOR RECREATION







# GOLF

Golfing with friends is a great way to connect during these times. You can easily stay socially distant while competing against each other. It's nice to meet up in person with people you haven't seen in a while. The average round of 18 holes takes about 4 hours so you get plenty of time to catch up and get some sunshine and fresh air.



## **WALKING/ HIKING**

Get a walking or hiking group together. You can meet up and trek a tough trail together or go for an easy, relaxing walk through the neighborhood. Enjoy the outdoors and catch up on what's new in the lives of your friends.





# TENNIS

Tennis is a great sport for building and conditioning cardiorespiratory endurance. You can play one-on-one or two-on-two while keeping a good enough distance from each other.



# PICNIC

Pack your basket and head to park or another pretty spot. You can enjoy the sights and sound of nature while eating and chopping it up with work friends.





# ONLINE GAMING

if you like playing video games, you'll love playing video games with friends. Games stimulate many areas of our brain, especially the parts responsible for problem solving. Play games with your coworkers and that teamwork is likely to carry over into the workplace.

## **LIMIT YOUR SCREEN TIME.**

Too much time spent in front of a screen can mess up your sleep pattern, so don't go overboard with the gaming.





# DRIVE-IN MOVIE

Catch an old film in an old (the best) fashion. Drive-ins are loads of fun! They screen a lot of classics and you can watch outside in the trunk of your car. Park it up with friends and make a night out of it.





# FARMER'S MARKET

Farmers markets are a good, safe way to get your produce shopping done. It may be a little scary to go to a grocery store right now, and you can't be sure of the condition of the produce you'll get if you order it for delivery or pick up. A farmer's market allows you to shop while outside in the fresh air and sunshine, and the sellers are usually very friendly.



# FISHING

Fishing can be a very relaxing activity. You can cast out with some buddies and enjoy the sounds of nature. At the end of the day you can cook up your catches and have meal with friends.



# KAYAKING

Kayaking is relaxing and a good workout all together in one. Getting a group together to kayak would be a great outing. On a lake or river you could float along gently with the current, or race your friend back to the take out area.







# BIKING

Bike a cool trail or take your favorite road route. Biking is excellent for your heart health. By going with a friend you have somebody pushing you to keep up. You can cover a lot of ground in a couple hours on a bike. Bike to a meet up spot then go on an adventure together.





# CLIMBING

if you are afraid of heights, this may not be for you. Depending on where you live you may have different climbing experiences. People in mountainous regions have no issue find a climbing spot. Others may have to do some research to find a good place. Climbing with others can help you trust one another and overcome fears. It is highly recommended that you go climbing with at least one other person, so **DON'T GO ALONE!**





# CRAFTING

Crafting comes in all sorts. Woodworking, painting, scrapbooking... the list goes on. Get creative with your friends and make something together. Or make your own crafts and share with each others.



# HAVE FUN!

- In uncertain and scary times it is helpful to have some stuff you and coworkers do just for fun. We all need to put work down from time to time and decompress. Make it a weekly meet up. Don't miss out on seeing each other face to face. Be safe, but more importantly HAVE FUN!

