



FUN!

Make plans you'll look forward to

Schedule a daytrip out of town, plan dinner with a long-lost bestie, buy tickets to a concert or comedy show, or pick a day to visit a museum

Call or text a friend

Someone who always makes you smile, or one you haven't talked to in a long time

Host a game night

Invite friends or family over, or hold it virtually!

Appreciate different types of social connections

Reflect on your relationships with family, neighbors, old vs new friends, coworkers, people different ages than you, your pets - and plan a gathering with the group that brings you the most joy

Treat yourself a maximalist self-care night:

a bubble bath with music, candles, tea, facemask, a book...