

# DAY 5: FRIENDSHIP FRIDAY

Having friends to rely on and relax with is really important for your health. Research shows that having personal connections with others is one of the key factors that make you live longer. But, it's even harder to connect, now that we are all so separated! Continuing to build strong relationships is important at this time - having community helps in coping with stress!

## FRIDAY'S WORKR BEEING CHALLENGE!

### **NEW BEE:**

Schedule a 30 minute catch up meeting with someone you haven't talked to in a while, at work or outside of work. Use a technology that has video capability if you can. Focus on conversation that helps you to create deeper connections - ask how they are feeling or what they are doing to relieve stress!

### **HONEY BEE:**

Do an intentional good deed for someone today. Is there something that would really brighten another person's day? Think about what would make someone else smile and then do it! Maybe you send someone a small gift that would make them smile or pick up groceries for someone who can't get supplies themselves. Whatever it is, make sure it's really special and tailored to them!

### **BOSS BEE:**

Find a way to volunteer to help. If you already have a job that is allowing you to serve others during this time, just keep doing what you're doing! But, if you haven't been able to volunteer your time, find a way you can do so. Help non-profits make phone calls to check in on clients, give blood, send a treat to a local hospital, or help a neighbor. Even making an inspirational sign for your front door can give others hope.



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## FRIDAY'S REMIX CHALLENGE!

### **SOLO WARRIOR:**

Exercise is important, but so is social interaction. Why not put the two together? Join a Zoom exercise class where you can see and interact with others live. Encourage a friend to join the class with you. You can also go for a walk and give a friend a call at the same time. Catch up with friends while staying active.

### **COUPLE GOALS:**

Encourage your significant other to make time for their friendships. Plan a group exercise class together through Zoom. Motivate your friends and each other together with some friendly competition. Complete a funny dance, take a video and send it to your friends and challenge your friends to do the same. Try strength competitions - film yourself doing push-ups or sit-ups and see who can do the most or hold a plank for the longest amount of time.

### **FAMILY GOALS:**

With many schools currently closed, many children are missing their friends. Children can use technology like Zoom to help them feel more connected with their peers. Join an interactive fitness Zoom class for children alongside friends. Or, similar to the couples, take videos of your children doing a fitness challenge (e.g. push-ups, standing long jump, obstacle course) and send over to their friends encouraging them to try the challenge too. Example: [Remix Zoom Class](#)



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**FRIDAY'S JOURNAL:** *What did you learn from connecting with others virtually? How did you feel after you connected with others? How can you continue letting your friends know you care in the long-term?*

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