



Ways to reconnect

*Family game night—Play an actual board game or a game of cards. This could actually turn into a regular thing...

*Keep a notepad, envelopes, pens, stamps on the night stand or beside the couch. Every-time you would normally pick up your phone refer to a list of people you've been meaning to see about. Nothing feels better than getting a kind note or short letter in the mail, especially when it is random.

*Join a community class—Most community colleges offer community classes. This can include knitting to photography. They are usually cheap and last about 6-10 weeks.

*GET OUTSIDE—Even if this is just to pick up around the yard or pull weeds. Get to know your surroundings again.

*Plan an outing—This doesn't have to be fancy. This can be taco night at the park. Check out "FREE" events going on in your city. They are usually listed on a community calendar.

*Give your kids a budget and let them plan/pick the outing. This is great if you have multiple children. You might be surprised by what they pick. This is a great way to really get to know your kids.

*Walk the dog—Guess what, unless it is raining cats and dogs, or freezing temps then there isn't many other reasons you can't take your furry friend for a walk. The walk can even be short. Too many times we are waiting for the perfect conditions to follow through on simple and free things like this.

*Cook a new and healthy recipe. Plan a healthy snack before hand so you aren't HANGRY while trying to cook.

*Exercise—focus less on the perfect exercise and more on getting your body moving. The idea is to do SOMETHING physical.

Make a "Reconnection Bucket List". How many of the above can you do while unplugged? If some of these aren't right for you, how can you make them your own?

