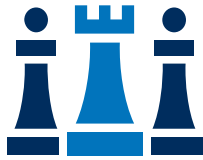


Combating Loneliness and Social Isolation Resources

Click on a bullet point to be taken to a URL



RESOURCES FOR BUILDING SOCIAL CONNECTION

- [Zoomable Games, Google Slides and Liberating Structures for Building Social Connection](#)



MENTAL HEALTH RESOURCES

- [Faculty and Staff Counseling and Consultation Services \(campus\)](#)
- [Office of Counseling and Workplace Resilience \(Michigan Medicine\)](#)
- [Michigan Medicine Wellness Office](#)



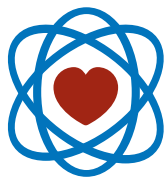
SELF-CARE AND COMPASSION RESOURCES

- [Sleep Hygiene Tips and Resources](#)
- [Mindfulness Resources](#)
- [MHealthy Recipe Finder](#)



GROUP CLASSES, TRAINING AND EVENTS TO PROMOTE SOCIAL CONNECTION

- [Faculty and Staff Counseling and Consultation Services](#)
- [Office of Counseling and Workplace Resilience](#)
- [MHealthy Cooking Classes](#)
- [Institute of Culinary Education Classes](#)
- [MHealthy Exercise and Relaxation Class Calendars](#)
 - [Google \(Campus\)](#) | [Outlook \(Michigan Medicine\)](#)
- [MHealthy Portal Powered by Asset Health](#)



PURPOSE AND VALUES RESOURCES

- [Values Exercise by Brene Brown](#)
- [Dr. Vic Strecher TEDex Talk On Purpose](#)



OTHER SOCIAL CONNECTION RESOURCES

- [Ann Arbor Public Library](#)
- [Saline District Library](#)
- [Ypsilanti District Library](#)
- [Canton Public Library](#)
- [Salem/South Lyon District Library](#)



QUESTIONS FOR CONNECTION AND CHECKING-IN

- [How are you holding up?](#)
- [What is hard right now?](#)
- [What is it like for you today?](#)
- [What is your need today?](#)
- [How is this day different?](#)
- [What is this day asking of you?](#)
- [Are you getting moments of rest?](#)
- [What are you most worried about?](#)
- [When did you receive or give help?](#)