

e.g., access to people you love, efficient technologies, new opportunities

Better Connections

Breakout Room 1 & 2

Breakout Room 7 & 8

How can I/WE
survive and thrive
in these scenarios?

Less Time Alone

e.g., living with roommates, family with children and pets

More Time Alone

e.g., living by yourself or have private space for yourself

Breakout Room 3 & 4

Breakout Room 5 & 6

Worse Connections

e.g., can't see people you love, terrible tech services, lack information

How can I/we survive and thrive with **less time alone** and **better connections**?

Coping Strategies:

1. You would value your alone time more and focus more on your mental health
2. You would use your time more productively to get tasks done.
3. The time would be used to better organize yourself (school work)
4. If we have better connections it would be easier to find a schedule to see friends and family
5. Find a new hobby because you have more connections so you are exposed to more new things
6. If you have less alone time you need to focus on more time management and less procrastination

Breakout Room #2 Theme: ALWAYS ON

Amanda Vo, Tori Trader, Jenna Schlager, Chad Diaz

How can I/we survive and thrive with **less time alone** and **better connections**?

Coping Strategies:

1. Spending value added time with others -- not just hanging out to hang out
2. Having designated alone time to recharge
3. Self-care activities like exercising or taking walks
4. Introspective relationships with important people
5. Set routines to fit your needs (for example not staying up late to talk to someone or not skipping responsibilities for social events)
6. Having assistance with daily tasks (significant other, close friend, etc.)

Breakout Room #3 Theme: BURNOUT

Sam Williams, Zach McAdoo, Joseph Farias, Patrick

Sheehan

How can I/we survive and thrive with **less time alone** and **worse connections**?

Coping Strategies:

1. Attempt to make better connections with the people that you are around often
2. Attempt to make the most out of the time you have alone by improving social skills in order to create better connections with others
3. Look for social groups/ clubs
- 4.
5. Public events

Breakout Room #4 Theme: BURNOUT Zachary DeCicco, Matthew Northrup, Ryan Lam, Matt Welch

How can I/we survive and thrive with **less time alone** and **worse connections**?

Coping Strategies:

1. “Bite the bullet” and try to make the connection positive by getting to know the “strangers” you are surrounded by. EX: New kid at school, family party with distant relatives
2. Trying new things to connect with people that you do not have connections with or getting people to try activities you like
- 3.
4. Asking for help when needed

Breakout Room #5 Theme: SELF-REFLECTION Mich Hyppolite, Hannah Edwards, Kelsey Gonzalez, Huiting(Claire) Liu

How can I/we survive and thrive with **more time alone** and **worse connections**?

Coping Strategies:

1. Finding a hobby(Drawing, cooking)
2. Meditation
3. Getting a pet
4. Exercise
5. Reading
6. Video games without internet
7. Working
- 8.

Breakout Room #6 Theme: SELF-REFLECTION Joseph Ferraraccio, Zachery Devore, Samuel Hanley

How can I/we survive and thrive with **more time alone** and **worse connections**?

Coping Strategies:

1. Self care
 - a. Working out
 - b. Meditation / yoga
 - c. Creating goals
 - i. planning , organizing
2. Hobbies
 - a. Cooking
 - b. Golfing
 - c. Reading
3. Cleaning
 - a. Cars
 - b. Home
4. Projects
 - a. Painting
 - b. Home renovations

Breakout Room #7 Theme: SELF-DISCOVERY

Sophie Berzon, Matt Mellina, Tyler Candelaria

How can I/we survive and thrive with **more time alone** and **better connections**?

Coping Strategies:

1. Reading a book
2. Social Media (LinkedIn, Instagram, Snapchat, Twitter)
3. Video Games
4. Getting Outside
5. FaceTime
6. Exercise
7. Texting/Phone Call
8. Meditation

Breakout Room #8 Theme: SELF-DISCOVERY

[Winner Evu, Jacob Spyche, Hannah Falk]

How can I/we survive and thrive with **more time alone** and **better connections**?

Coping Strategies:

1. Create social media accounts
2. Make friends through video games (public rooms)
3. Join a facebook interest group
4. Take classes (online) /join clubs for your interests
5. Strengthening the connections you already have (contact people via cell)
6. Get a pet
7. Self care!