

# Next Gen GM

## CONNECTING THE '2020' WAY



**During the COVID-19 lockdown and the isolated world we are all experiencing right now, I have learned new ways to adjust to these challenges, both professionally and personally.**

As a millennial and someone who is a social butterfly, isolation and social distancing have been the biggest challenge for me to adjust to. I like many am longing to give a hug, I am a big hugger, to sit on the same couch and even to be in the same room together as others. I have been working remote since the middle of March 2020 and have to say that I am beyond grateful to still be working, as this keeps me structured and with a sense of routine.

**My home office set up is in a cozy and quiet area of my house, fully equipped, with items and views that keep me calm.**

I also have a picture of my family to make me smile and a speaker to listen to my favourite tunes. I occasionally play my siblings and I's vacation playlist, to daydream of happy memories and my lavender scented candle to help me relax. My emotions have been on a repeat roller coaster, where one minute I feel fine and normal and the next minute, my anxiety is higher than normal. So, I have tried to find ways to keep myself busy, but with the right mix of relaxation to take time to focus on my well-being.



My week has a pretty normal routine with working during the day, working out at mid-day or early evening before making dinner and catching up on TV shows or reading a book at night. But then there are the weekends that are wide open, but I have found ways to keep myself busy. Luckily, we are in the age of technology, where we have ways to still see each other and spend time together.

**My mum and I were talking the other day and saying how different this would have been if my siblings and I were little kids back in the nineties.**

This was when AIM chat was just starting, Myspace was in the early stages of creation and you had to use good ol' dial up, where you had to choose to either use the telephone or internet.

## Remember those days!

We now have many video platforms to choose from such as, FaceTime, Snapchat, Instagram Stories, Facebook Live, LinkedIn Live, Zoom and Skype just to name a few. However, if you have not experienced and downloaded the House Party app, you are in for a fun new video experience! House Party has become my new and favourite way to stay connected and see my family and friends. I try and plan my video chat and virtual game nights to give a sense of scheduling and something to look forward to. My Mum's birthday was in April 2020 and my siblings and I used FaceTime to eat a virtual birthday dinner with her. I even surprised my Mum outside of her balcony singing, Happy Birthday with a handmade card.

**My siblings live in other states, so FaceTime has been a virtual connection for my family and I, but we are finding fun ways to introduce new methods to hang out and spend time together virtually.**

The other night, my cousins and I hopped on a group FaceTime to play my favourite board game, Scategories! I have been enjoying other ways to play virtual games, even virtual drinking games, some with my sorority sisters and as we love to go out to brunch, we have not let the lockdown stop us! We all make our own dish to eat, pop some champagne and orange juice for mimosas and spice things up with a themed brunch!

**It is fun to find new ways to feel together and hang out in this virtual world we are all in right now, but of course I cannot wait to have that in-person time.**

For Easter, we practiced safe social distancing and waved hello from the street to some of my family members and although it was hard not to give them a big hug, it was still nice to see them and have as my Nana says, FaceTime. So, for me, keeping busy both professionally and personally has been helping me during this time to stay active, healthy, happy, relaxed and most importantly connected to my family and friends.

Telling myself often that we are all in this together, helps me ease my mind, relax and realize that I am grateful to find ways to adjust to this lifestyle and still feel connected in this virtual world, which I hope inspires you all to feel the same!

Morgan E. Wiedmann  
Content Specialist  
United States of America

