

BRICKIE CONNECTIONS

BRICKIE CONNECTIONS #3: Less Wired, More Connected

Every status update is just a variation on a single request: "Would someone please acknowledge me?" - Marc Maron

Can you eliminate social media from your life for a week? How about a day? If so, what will you do with your newfound time?

Take time to accept this challenge. Check off the ideas below that you choose, or add in your own ways to make connections with others face to face.

- PLAY OUTSIDE**
- PLAY A CARD GAME OR BOARD GAME RATHER THAN GAMING SYSTEM**
- TAKE A BREAK FROM SOCIAL MEDIA ONCE YOU GET HOME**
- SPEND TIME WITH YOUR SIBLINGS AND/OR PARENTS**
- EAT A MEAL OUTSIDE WITH FAMILY**
- JOURNAL ABOUT THE THINGS YOU ARE GRATEFUL FOR**
- GO FOR A WALK**
- SPEND TIME READING A BOOK FOR ENJOYMENT**
- TELL SILLY JOKES AND LAUGH TOGETHER**
- SMILE AND SAY THANK THOSE THAT HELP YOU EACH DAY**
- GO FISHING AT LAKE GEORGE**
- GO FOR A WALK ALONG THE LAKE FRONT**