The Meeting Place

Greet – Meet – Connect

Things to do when you feel alone

Us humans need to stay connected with others, during a lockdown and beyond, for our own well-being and mental health. The world will be a different place even after lockdowns are gradually lifted.

Our 'social' mindsets and ways of interacting have been fundamentally changed.

One of the most challenging things about lockdown is not being able to see our friends or family. As we come out of lockdown, a new challenge will be our interactions with people, while still practising social distancing.

How to meet new people and make new friends, and then to socialise with them will be different.

TMP is here to help you bridge this gap.



Where did people meet people?

- Work
- Social outings, restaurants, bars and taverns
- At friends & families gatherings at home or elsewhere
- At events, sporting, entertainment
- At conferences
- At school events

Will people still meet people at these places in the future?

Our future interactions will not be the same as they previously were. Therefore it will be essential to stay connected even after lockdown rules have been eased or eliminated. Here are some ideas for times that you are feeling alone.

Connect with others

Today there are so many ways to stay in touch with your family and friends, here are some ideas to stay social and connected, these could be virtual or not. **Tools to connect**: https://themeetingplace.co.za/tools-to-connect-with/ **Products**:https://themeetingplace.co.za/products/

- Video calls
- Having a weekly quiz
- Watching movies together
- Cooking and having dinner together
- Playing board games together


Celebrate happy occasions, birthdays, etc.
Watching sporting events together
Competitions, cookoff, bingo, others
Braai's or barbeques
Just hanging out