

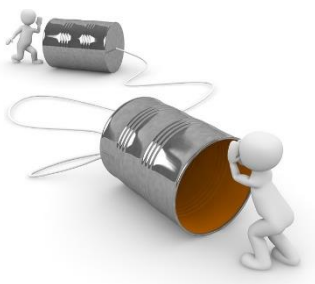
Make a phone call

Talking with our loved ones over the phone can improve our relationships and our wellbeing. One of the biggest contributors to poor wellbeing is loneliness – communicating over the phone can combat this by helping us feel closer to others and building intimate relationships.

If we can't physically spend time with others, a phone call is the next best thing. Although text messaging can increase communication with others, it often isn't as meaningful as a conversation where we can hear how people really feel through their tone of voice and expression.

Today's task is to have a telephone conversation with a family member or friend. After your phone call, take a few minutes to reflect on the conversation and how it made you feel by answering the questions below.

What did you get from the phone call that you wouldn't have got from a text?



**How connected do you feel to this person now?
Does it differ from before you called them?**