

Lunch Hour Conversations

Do you miss lunchtime conversations with your coworkers? Recreate them with your neighbors through this fun activity!

Many of us have been working from the comfort of our own homes for a while now. As fun as it can be to sit around in pajamas working on a project while sipping coffee, one important component of working outside of our home is lost: the face-to-face connection with co-workers. That's where your neighbors come in. Connecting with your neighbors is good for your health. Studies have found social connectedness at a neighborhood level improves quality of life and encourages other positive health behaviors.

This activity provides tips to meet face-to-face with neighbors who are also working from home.

1. Pick a day/time for an initial meetup. Lunch time usually works best (we all need to eat, so why not have company).
2. Assume you will have to be the host for at least the first few meetings. Plan to use your lawn, garage, driveway, porch or be inside as long as you can safely practice social distancing.
3. Reach out to your neighbors with a note inviting them to a social gathering over lunch. Sample note:

"Hi, my name is _____ and I work from home. If you do as well or are home over lunch, please join me and other neighbors for lunch and conversation. Let's get to know each other! Please bring your lunch (if you wish) and a lawn chair if you have one. I am excited to get to know you better!" Include your contact information and the date and time of event.

4. After you establish a group, you can always meet in different locations – it will help you get to know where people around you live.
5. After getting to know each other and discussing professions/work, [use these fun conversation starters](#) to deepen your connections. If you would like, write your own questions in the empty Conversation Starter cards.