



CORONAVIRUS RESOURCES: How To Support Others From A Distance



During this time when we are all practicing social distance in order to maintain our physical health, it's still important to stay mentally connected. Friends, family, colleagues, neighbors, and our local businesses and essential workers need our support as much as we need theirs. There are many reasons why we may need support a bit more now than before—some of us have lost jobs and are dealing with financial stress, some of us have gotten sick with COVID-19, some of us are single parents, working full time, homeschooling children, or are alone in our homes. Taking care of ourselves isn't always easy, reach out to those you know to let them know you care.



GIVE GIFTS

- Give a gift certificate to a local restaurant that can be used at a later date.
- Buy a gift card for a future self-care appointment.
- Send a book, puzzle, art, or cooking kit.
- Pay for a streaming or box-subscription service.



PROVIDE SERVICE

- Order groceries or pick them up yourself.
- Offer to do yard work.
- Order or drop off a meal to someone or offer to pick up necessities.
- Set goals for the future and support one another to achieve them.



SHARE TIME

- Pick up the phone and have a conversation. Listen instead of offering unsolicited advice.
- Schedule a virtual dinner date, happy hour, or group video chat.
- Start a virtual book club or give a parent a break and read a story to their children remotely.
- Make a virtual gratitude jar and share it with loved ones.



BE CREATIVE

- Draw a message of hope in the driveway to stay connected with neighbors.
- Send inspirational quotes via text or email.
- Send a handwritten letter, picture, or card.
- Make an online photo album and share fond memories.

**Our Mental Health is Just as
Important as our Physical Health!**

To learn more visit us at
www.giveanhour.org/coronavirus-resources/