

SOCIAL DISTANCING DOESN'T HAVE TO MEAN SOCIAL DISCONNECTION

Why not find some creative & intentional ways to show you care (and fix your attention on some positive things too)!



YOU COULD...

- phone or facetime someone while you both make or eat dinner. set up a zoom call and make it a whole dinner party.
- choose a tv show to watch together and text your thoughts as you watch.
- start a book club
- seek out a poem or piece of art every day to email as encouragement.
- ask your friends with kids if you can read stories with them over the phone.
- strike up correspondence - write some letters and cards.
- pray for people you know who have a hard time with their mental health.
- set up a question-of-the-day system to get to know someone better by text, email, phone, sign in the window...whatever works :)
- so many other options - get creative and share your ideas!