

## Supporting Others During a Pandemic

***Social contact is critical for feeling good, for lowering anxiety and depression, and for helping people who may relapse. Recall how good it makes you feel when you reach out and keep up a connection or restart one.***

- Contact prevents feelings of isolation for you and the other person.
- Doing for others eases your concerns about an individual.
- The connection provides an element of feeling in control, when there is more than usual we cannot control.
- Social contact reminds you of who you are, your identity, your best qualities, your business focus.

What can we do during this time to help ourselves and those around us? Use the ideas below as a guide.

### SUPPORTING FRIENDS, FAMILY AND CLIENTS

- Send notes to your parents. Involve your siblings in the process.
- Get your friends group together and offer to send notes to another friend's parents.
- Email or text clients simply to check in, more often than usual. Help them – if they want it – to stay on track or simply stay connected and offer support.
- Offer a free session by phone or virtual means to see how your client feels about it. How could virtual work could be added to your business in the future.
- Offer virtual groups. Or in your home once we move through this.
- Call elderly neighbors and ask if you can do their grocery shopping.
- Skype or Zoom with your family and “eat dinner together” virtually!
- For elderly people you care about, set up a call rotation with family/friends.
- Form a group and collectively help a local nonprofit to organize their supplies.
- Check in on three people a day. This helps get you out of your head (and thoughts or feelings). And it feels good!
- Talk to the older adults in your life who may be in a retirement community. Ask what their hobbies are or what they used to love to do. Then send a care package somehow relating to the activities.
- Set up a calling rotation so the older adults have social contact each day.

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