

Reaching Out While Staying In

During these times of change and uncertainty, it is important that we do not lose sight of one of the key elements of being human — **CONNECTION**.

As we self-isolate for communal safety, staying connected will keep our Webs of Support* strong and help ensure everyone's health & well-being.

Our **Web of Support Connection Tips** below include both offline & online ideas.



Communicate with Anchors & Those You Anchor

Make phone or video calls — It feels good to hear the voices of those we love & who love us.

Watch movies together — Watch the same movie wherever you are — either on different televisions or online using apps like Rabbit — and talk to another person about it.

Send letters or cards — Write or create something to drop-off at their doorstep, mail through the postal service, or find an online service to share e-cards.



Ask for & Offer Tangible Supports

Ask for what you need — food, toiletries, clothing, etc.

Offer to give — Reach out to others in your Web and community if they are in need of any key items for hygiene and comfort that you may have in excess. Sometimes people are reluctant to ask for help, even for basic needs.



Ask for & Offer Intangible Supports

Ask for what you need — Talk to your Anchors about struggling with waning patience, compassion, or determination to get through this isolating period.

Throw strings of compassion, humility, tenacity, & integrity to those you support. Initiate reaching out to them.



Creatively Connected, We Can Do More Together

Collaborate & innovate — embrace the proverb, “Necessity is the mother of invention.” Get creative when problem-solving. Adding your ‘smarts’ with those of others can help us together figure out and handle new situations and challenges that are coming our way on a daily basis.

Ask for support — such as suggestions or advice about specific things that frustrate you.

Self-isolate if you have recently traveled or showed signs of any contagious illness, but stay creatively connected.



Recognize Things Out of Our Control Can Erode Our Web

Losing resources — lack of supplies/food, childcare, medical services, etc. can be scary and further disconnect us from others.

Emotions — such as anger, loneliness, & fear — can be triggered during uncertainty & household conditions.

Disruption of routines — at work & school — can shake us up and require us to adjust drastically and find new norms.



Care for Your Web & Show Gratitude

Routine communication — check-in regularly with text, phone, or video calls.

Show kindness & say thank you, verbally or through handmade or purchased gifts — especially during times of significant challenges, these small things are a big deal!

Create & share lists with your Anchors of things you can do together to keep your connection strong.



Today's Climate Influences How We Think & Act

Be conscientious about your health — keep up on healthy foods and fitness routines to maintain wellness.

Take precautions — make good hygiene habits routine; follow social distancing guidelines; if you're sick, stay home.

Be compassionate & tolerant of others — we each have new challenges to navigate as best as we can.



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*To learn more about the Web of Support framework & get other resources, visit bit.ly/connection-resources.