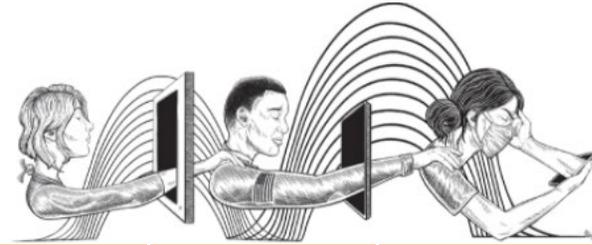


September 2020

Social Connection



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Send 5 friends a virtual hug.	2 Schedule a zoom lunch with some co-workers or friends.	3 Randomly send a photo of a feel good memory to a friend or family member.	4 Leave a positive message for yourself to see on a regular basis.	5 No plans day - make time to slow down and be kind to yourself today.
6 Do a FaceTime/video call with a friend or family member.	7 Send an eCard just because.	8 Have a "virtual" happy hour.	9 Call a friend on the phone so you can hear their voice.	10 Turn your camera "on" in your next virtual team meeting.	11 Use the chat feature in your next virtual meeting to show you're listening and engaged.	12 Online gaming - grab a headset and connect with others from around the world!
13 Virtual dinner - sit down with family members and dine together while physically distancing.	14 Walk around the block with a neighbor while wearing a face covering.	15 Tell a friend or family member 5 things you appreciate about them.	16 Leave a note on a neighbor's doorstep.	17 Write a positive message in chalk on your driveway for passersby.	18 Volunteer with community support groups to do outreach calls.	19 Host an outdoor concert for your neighbors.
20 Send a card "snail mail" letting someone know you are thinking of them.	21 Fill up your calendar with friends and family's special occasions - send a message to acknowledge them.	22 Schedule time with a friend for a "tailgate" meet up in a parking lot. Wear a mask and keep distance.	23 Wearing a mask covers your smile. Practice greeting others - spoken words are more important to connect with those around you.	24 Send a picture from your phone to someone you haven't seen in a while.	25 Start a meme or .gif war with a group of friends.	26 Have a virtual coffee date with a friend.
27 Today, do something to make life easier for someone else.	28 Do something to be kind to nature and our planet.	29 Notice when someone is down and try to brighten their day.	30 Check in with someone who may be lonely or feeling anxious.	1	2	3
4	5	Notes				