



University of South Florida

## COPING WITH COVID-19 Staying Connected and Giving Back

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*“When one tugs at a single thing in nature, [one] finds it attached to the rest of the world.”*

~ John Muir

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### HOW CAN STAYING CONNECTED AND GIVING BACK BE HELPFUL?

- Engaging in acts of kindness are mutually rewarding and energizing.
- Greeting others with a smile, a wave and/or a positive comment, while still social distancing, instills warm feelings in us and others.
- Respecting, understanding and supporting family, friends, co-workers, neighbors, etc. reminds us that we are all in this together.

## kindness

- Caring for another living person/thing (e.g., plant, vegetable garden, child, pet) fosters positive feelings of connectedness and appreciation.
- Sharing an uplifting song, poem, story, image, etc. may inspire or lift others' spirits as well yours.
- Communicating with others, as by phone, email, social media, zoom, etc., to listen, share and offer support, makes you and your community stronger.
- Reconnecting with friends you have not been in touch with lately may help build/strengthen your support networks.



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- Showing your support for health care, law enforcement, fire departments, the military, faith groups, grocery/food service workers and community agencies is much appreciated.
- Feelings and expressions of gratitude have shown marked improvement in mood and overall sense of well-being for the giver as well as the receiver.
- Sharing this list with others and expanding it, priceless!



1. How are you staying connected with others?
2. How are you supporting your community?
3. How else can you stay connected and give back?

### RESOURCES:

<https://newsroompost.com/tech/now-you-can-make-video-call-to-50-people-at-once-via-skype/443586.html>

<https://www.facebook.com/KraalWriterAutorSpeaker/photos/a.1542990805978793/2207325799545287/?type=1&theater>

<https://slubne-suknie.info/?n=garden+vegetables+to+plant>

<https://4570book.info/amazing-cliparts/thanks-for-all-you-do-clipart.htm>

<http://clipart-library.com/img/907878.jpg>

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