

# Giving

## During the Coronavirus Pandemic

### Giving to Others

- Send a letter
- Send a photo to a relative by post or WhatsApp
- Record a video message for a friend/relative about how much you appreciate them
- Record a voice note for a friend/relative about how much you appreciate them
- Send a funny picture to a friend
- Arrange to have a virtual cup of coffee and catch up with someone
- Check in by text or phone call with someone who's finding the current circumstances difficult.
- Give your time to listen to someone who's finding the current circumstances difficult.
- Give a cuddle/hug to someone who needs it - your children, your pet
- Send an inspirational quote to a friend/relative
- Make dinner for someone at home
- Bake a cake for someone
- Make breakfast in bed for someone at home
- Make a cup of tea/coffee for someone at home
- Tell someone how proud you are of them
- Send someone a surprise takeaway
- Help a vulnerable or isolated neighbour with food orders or prescription collections
- Donate to charity
- Donate to a food bank
- Volunteer your time by listening to individuals who are isolated
- Smile at someone across the road

### Giving to yourself

- Indulge in a bath
- Pamper yourself - paint your nails, face mask,
- Have time away from others in the house
- Spend time on an activity you really love
- Meditate
- Take the night off from cooking and treat yourself to a take away
- Have a nap
- Go for a cycle with those you cherish, or on your own

**What's worked for you? We'd love to hear your ideas!**