1. SHOP FOR SOMEONE
   If you’re going to the grocery store, pick up items for a high-risk neighbor who might not be able to leave their home.

2. DONATE
   Make a donation of money, supplies, or time to a cause you care about.

3. SHARE A MEAL OR TREAT
   Make an extra entrée or cookies and share it with a friend or neighbor.

4. POSITIVE REMINDERS
   Talk to your children remind them of the things they are doing to take care of themselves, like washing hands and staying 6 feet away from others.

5. SEND A NOTE
   Send or deliver a “thinking about you” note or card to a friend or family member. This may be especially helpful for friends and family who are isolated.

6. HELP WITH CHORES
   Mow a neighbor’s grass. Do a chore at home that isn’t normally assigned to you.

7. PRACTICE PATIENCE
   Let’s all work on having a little more patience with our loved ones, co-workers and ourselves during this time. In doing so, you will be able to invest meaningful time in your relationships without giving up or giving in.

8. RANDOM ACTS OF KINDNESS
   Buy a drink for the person behind you in the drive-thru. Go on a walk and pick up litter. Give a compliment.

9. RECONNECT
   Reach out to someone who’s alone or who you have lost touch with.

10. LEND AN EAR
    Understand others may be uncertain or scared. Listen to them.