



Phone-a-Friend

THE CONGRESSIONAL AWARD @ HOME



HELP A FRIEND BY REACHING OUT!

Although we can't meet face to face with our friends and family, checking in on them is as easy as picking up the phone, messaging them on social media, or starting a group video call! If your friend or family member is feeling particularly down, try to keep the conversation positive.



LISTEN AND REFLECT

Even if your friend is normally in high spirits, right now could be a challenging time for them mentally or emotionally. Make sure to give your friend the space to talk and vent, realize that you don't have to fix things, but they may just need someone to talk to.



ASK QUESTIONS

Genuinely ask questions such as "How are you feeling?" to show that you care. This can encourage your friend to talk to you if they aren't feeling well.



PLAN AN ACTIVITY TOGETHER

Encourage your friend by planning an activity that you can both enjoy! Find a virtual exercise program, start a "Netflix Party," take an online cooking class, or start a book club.



REACH OUT TO A TRUSTED ADULT

If you are worried about how your friend may feel or something they may have said, make sure you reach out to a trusted adult to get your friend some help.

TAKE IT A STEP FURTHER!

If you and your friend want to go the extra mile while supporting the brave essential workers in your community, send a care package! What you decide to put in the care package depends on who it is intended for so get creative and take time to prepare something thoughtful.

Here are a few ideas to get you started:

- Handwritten Thank You Cards
- Packs of Instant Coffee
- Household Essentials
- Food Delivery Gift Cards
- Healthy Snacks
- Hand Sanitizer/Lotions
- Hand-sewn masks

CARE PACKAGES COME FROM THE HEART!

Forget how many items are inside, or the price of the contents. A care package of any size is a positive way to bring happiness to anyone's life! By sending a package, you're letting essential workers know that you care about them and appreciate their hard work! Essential employees are helping to make sure we have food on the table and keeping us safe. During this "new normal" let them know you appreciate them!

