Checking In on Loved Ones Flow Chart

How are you feeling?

- Good
  - I'm happy to hear that.
  - I'm here for you when you need me.
  - Here's what I can offer:
    1. ___________________
    2. ___________________
    3. ___________________
  - Is there anything I can help with?
    - Yes
      - Great, tell me more.
      - I'm here for you whenever you need me.
    - No
      - I’m sorry to hear.
      - What can I help with?
      - I’m here to listen.

- Not Sure
  - I'm here for you when you need me.
  - Here’s what I can offer:
    1. ___________________
    2. ___________________
    3. ___________________

- Bad
  - I’m sorry to hear.
  - What can I help with?
  - I’m here to listen.

PANDEMIC-FRIENDLY THINGS TO SAY & DO

Share words and actions of love, empathy, and humor.

- "I care about you. I’m here for you. Let’s talk! Help me understand."
- "Do you remember when you and I were (date/age) and we (activity). It made me (positive emotion)."
- "I can help order groceries for you this Saturday."
- "I can call you tonight to keep you company."
- "I can make (a favorite comfort food) and drop it off to your doorstep this Thursday."
- "I can (a favorite talent) over video and share it with you later today."

Say statements such as "I can help with..." Be specific with time and activity.

- "I can help order groceries for you this Saturday."
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CHART OF FEELINGS

- Hopeful
- Loved
- Confused
- Sad
- Scared
- Angry
- Anxious

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