



# 101 STRENGTHS-BASED ACTIONS TO CONNECT, FROM A SAFE DISTANCE

- Do simple yoga poses or exercise with your loved ones (**zest, teamwork**)
- Lay in your yard on a clear night and watch stars (**appreciation of beauty**)
- Build a house out of recycled material (**creativity**)
- Leave a surprise gift in the refrigerator for anyone in the family (**love, kindness**)
- Surprise your neighbor with a meal you prepared (**kindness**)
- Invite a loved one to a snuggle (**love**)
- Discover your quiet joy which does not involve any digital and electronic gadgets (**curiosity**)
- Invent a recipe, preferably without buying new ingredients (**creativity**)
- Watch a community dance on YouTube and try to dance along (**zest, open-mindedness**)
- Engage with your loved ones in an experience that engages all of you together (**teamwork**)
- Savour relaxing music while doing a boring chore (**appreciation of beauty**)
- Leave chocolate or a favourite food around the house where your child or loved one may find it (**kindness**)
- If you walk around the block, just walk and notice what you find pleasing (**appreciation of beauty, gratitude**)
- Finish each bite of food before putting the next one in your mouth (**self-regulation, gratitude**)
- Challenge children (or your loved ones) to make you laugh uproariously (**humour, playfulness**)
- Commit to bringing no harm in thought, word, or action, to any living creature at least once a day (**kindness**)
- Pull more than your weight on a large home project (**perseverance, teamwork**)
- Vividly recall a significant event and discuss with your loved ones how it changed you (**love**)
- You have two ears and one a mouth; listen twice as much you speak, at least for one hour weekly (**social intelligence, perspective**)
- Lay in your yard on a clear night and watch stars (**appreciation of beauty**)
- Rearrange your table or room (**appreciation of beauty**)
- Write about a personally witnessed happy event in history (**love of learning**)
- Ask questions of your loved one which they will enjoy answering (**curiosity**)
- Think and speak well of you and your loved one's health (**hope & optimism**)
- Do something that will put a smile on your loved one's face (**humour, playfulness**)
- Let your loved ones express and behave themselves which shows their real self. Refrain from judgments (**authenticity, self-regulation**)



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- Ask others what makes them afraid, offer calming words and gestures, without any judgment to decrease their anxiety (**social intelligence**)
- If you are at corner shop, call or text one of your neighbors and ask if you can get them something that would like (**kindness**)
- Start a group of your neighbours on one of the social media platforms to ask how can you help? (**kindness, citizenship**)
- Start an online repository where your friends (and their friends) can share their skills and resources for those who need the help most -for example #caremongering (**teamwork**)
- Make breakfast for your loved one to celebrate a birthday or an anniversary you couldn't celebrate (**love**)
- Recall vividly the taste of good things you ate in your childhood and share memories with your loved ones (**gratitude, love**)
- Call, text or email someone who may be feeling lonely to let them know that you are thinking of them (**love, kindness**)
- Do at least one thing what you used to do as a child or at least share a story of what you used to do with your loved ones (**love, teamwork**)
- Reminisce about three places you enjoyed most by watching movies or sharing pictures about them with loved one (**gratitude**)
- Create a playlist on Spotify or Youtube or any other streaming device of favourite songs and videos for your significant other or friend (**love, creativity**)
- If you don't feel like it, don't follow what most others are doing, but also empathize with them and don't criticize (**open-mindedness**)
- Donate to an organization which is helping those most affected or ones who need help the most (**citizenship, kindness**)
- Revive a lost or diminishing art that is pragmatic - e.g., calligraphy, weaving, stitching, knitting, rug-hooking, quilting (**creativity**)
- Digitally send a book which makes someone smile or laugh (**playfulness, humour**)
- Practice restraint when you hear ideas which bring about strong emotions in you; opt for silence or mindful listening (**self-regulation, prudence**)
- Living together 24/7 may create some tensions; establish rules to agree, and disagree; accept and if possible celebrate imperfections of your relationships (**social intelligence, forgiveness**)
- Sort and pack for donation clothes you have not worn in the last six months; donate books you've read or books others will most likely read (**citizenship, kindness**)
- Explore different aromas which influence your mood (**appreciation of beauty, savouring**)
- Pay attention to and make a list of small things which improve your day (**prudence, humility**)
- Make a conscious decision to have your next frustration be an opportunity to practice patience (**prudence, self-regulation**)



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- Create your own spiritual or religious ritual or ceremony which can offer you solace in handling the uncertain times. You can invite your significant others, if appropriate (**spirituality**)
- Reflect and list things you are grateful for, despite challenging circumstances. Share your gratitude with your loved one, especially if it relates to them (**gratitude, social intelligence**)
- Call a friend and listen to the story they want to share, from beginning to end, uninterrupted (**social intelligence**)
- Teach or co-learn with your loved one an artistic skill from YouTube or any other relevant online platform (**love of learning**)
- Do something for at least 10 minutes daily which deepens your connection with nature, such as walking, gardening, recycling, listening to birds (**appreciation of beauty**)
- Lessen the amount of speed reading, speed cleaning, speed typing, speed browsing the web; instead, do at least one activity daily that is not driven by speed (**prudence, self-regulation**)
- Engage others to rearrange your room or a part of your home that would give it a different and fresh look (**teamwork, appreciation of beauty**)
- Create a visual/artistic/digital collage of family members or loved ones with each part telling their life's story (**love**)
- Plant and nurture an herb in your garden or in a pot that you use in cooking or if season permits, clean your yard or plants (**appreciation of beauty**)
- Surprise your lover by making up the bed with something tucked between the sheets that would make them smile (**love**)
- Make the most of the time by resting, sharing, and doing something with loved ones that you would otherwise not do (**love, social intelligence**)
- Remind yourself that no matter how problematic people are in your life, there is always a solution; search for a solution with an open mind (**open-mindedness, creativity**)
- Reflect on and make a list of musts, shoulds, oughts that have held you back from solving a problem or trusting others and hence not delegating (**critical thinking, teamwork**)
- Watch and/or participate in online virtual concerts (**appreciation of beauty, zest**)
- Set your wearable devices to remind yourself to take a couple of deep breaths and keep your spine natural for good posture a couple of times a day (**self-regulation**)
- If someone offends you, make a rule to pause for 30 or 45 seconds before responding. Make sure you take three deep breaths before you respond (**self-regulation, open-mindedness**)
- Give a gift of laundry service or do something your neighbour would like to do but is not able to for any number of reasons (**kindness, citizenship**)
- Sing or play songs that you and your loved ones can enjoy (**creativity, teamwork**)
- Honour and savour the time you can spend with yourself and with your loved ones (**gratitude**)
- Engage (alone or with loved ones) in a spiritual ritual which will help you to connect to something larger than yourself (**spirituality**)



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- Play board games that are available in the house such as jeopardy, trivial pursuit and scrabble (**playfulness, humour**)
- Follow an online exercise, workout class and/or meditate at least 20 minutes everyone, alone or with family member (**self-regulation, zest**)
- Make a list of things that do not concern you but are important for the community (**perspective, open-mindedness**)
- Make a caring kit for a homeless person, drop or deliver now or later when the situation is conducive (**kindness**)
- Assume good intentions of others, especially those who might be treated unfairly just because of their ethnicity, race, language or national origin (**fairness, kindness**)
- Ask your loved ones, "let me listen to your feelings"; don't hesitate to ask for clarification in order to draw them out (**social intelligence**)
- Read how-to-books, perhaps ones you have already purchased but had never had time to read and practice skills you want to learn (**love of learning**)
- Let global adversities such as pandemics or catastrophic natural disasters redirect your attention to the needs of others rather than only worrying about your self-preservation (**humility, citizenship**)
- Reflect and appraise what are the most valuable assets of your life and what is just good enough (**gratitude, prudence**)
- Cook a meal for someone elderly or sick or who cannot otherwise do so but would enjoy it (**citizenship, kindness**)
- Lie flat on your back, with legs relaxed, arms by the sides of your body, palms open and up, toes falling to the sides (corpse pose) and take deep breaths at least five minutes (**self-regulation**)
- The secret of humour is a surprise – find a way to surprise your loved ones (**playfulness, humour**).
- Shift the tone of a gripe conversation with playful humour and a joke (**playfulness, humour**)
- Learn positive self-messaging techniques and do them regularly (**Love of learning, self-regulation**)
- Ask for candid feedback from your loved ones or close friends (via digital means). For example: do others feel heard, when they share something important with you?; how is your non-verbal communication? (**social intelligence**)
- Socialize digitally with optimists (**hope & optimism**)
- Memorize phone numbers of your loved one; don't rely on your smartphone (**love of learning**)
- Write a fan letter of gratitude to a health care or front line worker who is working to keep us safe (**gratitude**)
- Enjoy morning coffee or tea watching a sunrise, alone or with a loved one (**appreciation of beauty, love**)
- Embrace solitude by reflecting on your actions, their implications and changes you need to make (**humility, prudence**)



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- Enjoy stroking a dog's ears or pat a pet or watch a cute animal YouTube (**love**)
- Call someone against whom you hold a grudge or awkward hesitation and let this call signal to them that all is good (**forgiveness**)
- Surprise your loved one by doing a chore for them which they least like to do (**love**)
- Engage (alone or with loved ones) in a spiritual ritual which will help you to connect to something larger than yourself (**spirituality**)
- Give the gift of undivided attention to your significant others (**love**)
- Leave some room in your stomach when eating (**self-regulation**)
- Thank even through the smallest of actions those who are working to maintain essential services (**gratitude**)
- Fit in 5 minutes of exercise or stretching at least five to six times if you work from home (**self-regulation**)
- Learn how others survived similar tough times, explore what worked and what they learned about themselves and others (**perspective**)
- Watch a late-night movie with your significant other (**love**)
- Engage others to rearrange your room or a part of your home that would give it a different and fresh look (**teamwork, appreciation of beauty**)
- Refrain from sharing information on social media that may create confusion or panic (**prudence**)
- Spend at least 20-30 minutes reading something (e.g., newspaper, book, magazine, blog) that would widen your worldview (**love of learning**)
- Accept with grace that negative feelings are an inevitable part of life, and these shall pass, much like most other things do (**humility**)
- Clean and organize a well-stocked home tool kit (**prudence**)
- Embrace solitude by reflecting on your actions, their implications and changes you need to make (**humility, prudence**)
- Decorate your home with framed pictures of family members through the generations (**love**)
- Appreciate and express thanks to front line workers in appropriate ways. For example, Italians and Spaniards have stood on their balconies to applaud daily, others have shared specific acts on social media (**gratitude**)
- Break the Cabin Fever of staying indoors by doing vigorous physical activities such as climbing stairs up and down for a specific number of times, playing improvised indoor games such as Ping-Pong and bowling or following exercise classes online, taking a walk or light run around the corner, while keeping safe physical distance (**zest, creativity**)