Coping with Changes
Brought by COVID-19

Celebrating our interconnectedness

The COVID-19 virus is demonstrating vividly how we are all interconnected: how the virus impacts us all, and how we can all pull together and take measures to protect ourselves and our community. We are staying home to keep everyone safe, especially those most at risk. And as we do, we find meaning in this sacrifice, in doing our part to turn this pandemic into a time of unity and care for each other.

Altruism is an important way to improve your mental health during these trying times. There are members of our community who will be hit harder than others. Consider making a donation to a local food bank or a global organization working to provide relief to victims of COVID-19. Support a small business that may be struggling to pay their employees or pay for a service that you no longer wish to receive during this time of social distancing.

A little bit of kindness goes a long way for your own mental health and the wellbeing of our broader community. Research tells us that giving often causes an upward spiral of more giving. Start a positive ripple effect for those around you.

Think about ways to get involved and give
Click to learn more about living a purposeful life.

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