

SOCIAL BEHAVIORS



Family, Friends, Co-workers, Self

People who support you and lift you up

Volunteer work

Kids- Practicing EW exercises together, be an example

Practice Patience- take a breath before responding

Being generous in your explanations

Shift Perspectives

Express gratitude-say thank you

Journal feelings

Create a distinct boundary between work & home

Dinner table conversations- go around the table: name something you are grateful for, immunity game

Detach from the news & social media before bedtime

Resources:

Write letters to friends, family, self

Zoom game nights-jackbox, scattategories, bingo

Send online puzzles to friends-

<https://im-a-puzzle.com>

[https://www.needhelppayingbills.com/html/
food_pantries_in_rochester.html](https://www.needhelppayingbills.com/html/food_pantries_in_rochester.html)