



# Be Well Socially

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- **Stay connected with your colleagues** — but do so virtually whenever possible. Schedule regular calls or check-ins with colleagues, family members or friends to see if they need anything or just want to chat. Learn how to [host a virtual coffee break](#).
- **Spread kindness with your colleagues.** There are still ways to volunteer and get involved with your community while social distancing. You can deliver groceries or meals for seniors, sew masks for essential workers and more. [Click here for more ideas](#). You can also attend or host a blood drive with your colleagues. It's an easy way to give thanks and help save lives. Find a blood drive in your area (U.S. only), or learn how to host a blood drive at your work location [here](#) (U.S. only). Find information on [blood donor organizations around the world](#). And, learn [key facts about blood safety and availability](#).
- **Balance your caregiving responsibilities.** Having primary caregiving responsibilities for a child or elderly parent can be stressful on top of balancing your work responsibilities. If you were suddenly placed into the role of caregiver for your elderly parent during the pandemic, the unexpected change may have added even more stress. Being a working caregiver is a difficult role, physically and emotionally, and it's important to find time to take care of yourself. [Read some tips](#) and learn more about [Combatting Compassion Fatigue](#).
- **Express your gratitude.** Even during these unprecedented times, we all have many things to be grateful for. [Share why you are grateful](#). And, just for fun, take the [Gratitude Quiz](#) to see how grateful you are for the positive things in your life.
- **Share your ideas.** How do you stay connected with your colleagues on the days you work from home? [Share your ideas and recommendations](#) or [share your well-being story](#).