

# 30 Ways to Care for Yourself, Others and Immigrants during COVID-19



Send a thank you letter to someone who made a significant impact in your life	Spend time in nature. Take a walk or go for a bike ride	Do something creative: paint, draw, write a poem or short story	Start a gratitude journal	Listen to <a href="#">Sierra Leone's Refugee All Stars</a>	Make a \$20 donation to your local refugee resettlement office
Have a board game night with your family or do a puzzle together	Learn to cook food from Syria, Ukraine, Congo, or other refugee countries. Ideas <a href="#">here</a>	Purchase a book from a refugee author	Order take out from a local immigrant-owned business	Bake homemade cookies	Spend 15 minutes meditating outdoors with your eyes closed and just LISTEN to the world around you
Order something online to cheer someone up and send it to them anonymously	Have a movie night with your family or virtually with a friend	Send a gift card to a medical professional and thank them for their service	Clean out your closet and create a pile of gently used clothing to donate to others in need	Video call a friend and have a cup of coffee or dinner together	Spend time working in your yard to get some sun
Do something musical: have a dance party, practice singing, learn a new instrument	Pray or meditate	Call someone and tell them how thankful you are for them and how much they mean to you	Listen to the incredibly talented <a href="#">Aeham Ahmad</a> and read about his story <a href="#">here</a>	Learn and study a new language	Support a small business in your community by ordering a gift card. Bonus: send the gift card to a friend or refugee
Go on a date. Get dressed up, take a short drive, come home and have a home-cooked meal by candlelight	Watch a refugee focused documentary <b>4.1 Miles</b> (PBS), <b>For Sama</b> (Amazon Prime), <b>To Breathe Fire</b> (Vimeo), <b>Hotel Rwanda</b>	Take a warm bath, light a candle and put on soft music	Check in on an elderly person in your life and help them set up a video chatting platform	Exercise!	Send a letter to a refugee in the community and tell them you are glad they are here

Please be sure to follow all [hygiene/social distancing recommendations](#) from the CDC.

