

# Build A Virtual Community– Tips & Tricks for Co-Workers, Families & Friends

■ Times are hard right now, but you're not alone. Here are some tips to stay engaged with your community, and safe activities you can explore to keep busy.

## Be a good samaritan

- Adopt someone in need–lend a helping hand to a friend, neighbor, or someone in your community.
- Consider donating to GoFundMe groups that support local food banks or philanthropies.
- Sponsor random acts of kindness for community workers / first responders.

## Deepen your 1:1 connections

- Initiate a buddy system.
- Managers and Leaders–use this as an opportunity to emphasize your human-side. Consider hosting virtual meals with your employees.

## Focus on self-care

- Take time to reflect–there are many meditation apps and support groups.
- Don't be afraid to ask for help. We're all in this together. If you feel overwhelmed, reach out to your networks and resources.

## Invite people into your space

- Leverage messaging platforms and synchronized viewing apps to support group interactions.
- Give office tours.
- Create virtual clubs.
- Host virtual food demos and meals–share your go-to recipes and techniques!

## Build your virtual village

- Share content for kids.
- Speak more than one language? Understand coding? Share your unique expertise with coworkers and their families.
- Share life and safety skills.
- Build community streaming playlists.

## Escape our new reality

- Share your adventure stories. The world is your oyster–share ideas for favorite vacation spots that others may consider when it's safe to travel again.
- Share weekend tips.

## Going above and beyond

- Share the funny things happening around you.
- 14-day team challenges.
- Start a game of Pictionary on PowerPoint or online games with your team.
- Start a virtual time capsule.

