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, scattegories, bingo
Send online puzzles to friends-
https://im-a-puzzle.com