

The Advisory Board of the Ball State University Center for Peace and Conflict Studies (www.bsu.edu/peacecenter) generated a list of peaceful ways to express ourselves as we seek to help others in this time of extraordinary and unpredictable crisis. We also produced some self-care strategies that you might find useful.

1. Greet everyone with a smile, a wave, and/or a positive comment while maintaining appropriate physical distance.
2. Respect, understand, and support persons in your family.
3. Respect, understand, and support individuals you live with.
4. Be kind to, and nurture, yourself and others.
5. Continue regular routines for showers, medications, consistent sleep times, hydration, etc.
6. Clean, straighten, and declutter.
7. Tend to something growing – plants, flowers, vegetable garden, child, pets, etc.
8. Be mindfully present to – sounds, songs, sensory feelings, visual stimuli, tactile stimuli, spiritual practice, etc.
9. Do something to raise your heart rate.
10. Do something you'll be glad you did later.
11. Share an uplifting song, poem, story, image, etc. with others.
12. Create a list of positive, simple strategies you have used and can use if you become stressed.
13. Create a list of positive, simple strategies you have used and can use to prevent or resolve conflict.
14. Communicate (e.g., phone, mail, email, social media, skype, zoom) with friends, colleagues, and neighbors to tell them you are concerned and here to listen.
15. Listen and communicate (e.g., phone, mail, email, social media, skype, zoom) with your own family members near and far who are undergoing stress and have concerns about the future.
16. Listen and communicate (e.g., phone, mail, email, social media, skype, zoom) to persons you know if they are expressing concerns, especially hateful or violent thoughts about others.
17. Communicate with your neighbors especially if they are older adults, have illnesses, and/or have restricted mobility.
18. Offer if you are able to pick up something at the store for your neighbors, especially if they are older adults, have illnesses, and/or have restricted mobility.
19. If you are not on food stamps and not experiencing a food emergency, consider refraining from going to the grocery store the first few days of the month, as this is when eligible individuals receive their U.S. government food assistance. Their need to purchase food at this time is extremely great.
20. Think about friends you haven't been in touch with lately. Check your contact list or holiday list to identify these individuals. Call or send them a message.
21. Show your support for leaders and members of health care organizations, law enforcement, fire departments, the military, faith groups, and community organizations whose resources are limited because of physical distancing.
22. Thank doctors, nurses, and others in the medical field that you meet or know for the great job they are doing.
23. Thank emergency medical personnel, police, firefighters, and military personnel for their hard work and for serving and protecting our communities at this time.
24. Thank grocery and food service workers as well as other essential workers for their hard work and willingness to serve us at this time.

25. Surprise others (e.g., family, friends, colleagues, first responders, health care professionals, food and grocery workers) with gifts, cards, or other items that they would appreciate.
26. Be especially attuned to comments that express anxiety, fear and/or hopelessness.
27. Generate a list of ways you might respond with empathy, support, compassion, and hope when you hear comments that express anxiety, fear, hopelessness, and/or helplessness.
28. Prepare and have ready a list of community resources for colleagues, relatives, friends, and co-workers expressing anxiety, fear, hopelessness, helplessness, pain, and/or suffering.
29. If there is a potential danger of violence in a(n) family, organization, or neighborhood, do you or others you know have conflict resolution skills that could reduce tensions?
30. In your communications with others be alert to any comments that might suggest domestic abuse, sexual abuse, emotional abuse, child abuse, elder abuse, or any other type of abuse. Know who to talk with if you become aware of an abuse.
31. In this time to rush to return to “normal,” use this time to consider which parts of normal are worth rushing back to.
32. Share this list with others and expand it!