WAYS TO #BeAConnection

- Leave unused coupons next to corresponding products at the grocery store
- Pull your neighbor's garbage can in from the curb
- Let someone hop in front of you in line who only has a few items
- Leave a gas gift card at a gas pump
- Have a LinkedIn account? Write a recommendation for coworker or connection
- Leave quarters at the laundromat
- Add time to a stranger's parking meter
- Encounter amazing customer service? Take 5 minutes to tell a manager
- Send a gratitude email to a coworker
- Pay it backward: buy coffee for the person behind you in line
- Donate gently used books or art supplies to your local community center
- Know parents who could use a night out? Offer to babysit for free
- Give a high-five
- Return shopping carts for people at the grocery store
- Tell a parent what a great job they are doing
- Leave a server an unexpectedly generous tip
- Pay bus fare for the person behind you in line
- Learn the names of the people you see every day and greet them by name
- Purchase extra dog or cat food and bring it to an animal shelter
- Give a compliment
- Send a Thank You card to your local police or fire station
- Pay a stranger's library fine
- Run an errand for a busy family member
- Offer a cold water bottle to your mail carrier on a hot day
- Put your phone away while in the company of others
- Compliment the first three people you speak with today
- Know someone with a small business? Share their business online with your friends
- Ask how someone's day was - and listen
- Share your umbrella in a rainstorm
- Post a positive Yelp review for a local business you love
- When someone asks "how are you today?", return the favor
- Send a grateful text message to a friend
- Let a driver know when you're leaving in a busy parking lot
- Offer an unused gift card to a stranger
- Help a neighbor or friend who is moving
- Create a list of emergency babysitter contacts in your neighborhood and share with your listserv
- Compliment someone's style
- Write - or email - a teacher who made a difference in your life
- Make a full pot of coffee for the office
- In a traffic jam but not in a hurry? Let someone merge in front of you
- Offer to help an elderly neighbor with yard work
- Say hello to neighbors as you walk by
- Create a list of emergency babysitter contacts in your neighborhood and share with your listserve
- Tell your loved ones you love them, just because
- Offer to take carpool
- When you know someone's favorite treat- surprise them with it one day
- Volunteer with a local organization
- Make a charity donation in someone else's name
- Offer to buy lunch for a colleague or friend at their favorite place
- Share a good book by giving a copy to a friend
- Bake a cake for a family member or friend's birthday
- Pick up trash when you see it on the road/sidewalk
- Buy lunch for a person in need
- Share your phone charger
- Volunteer with a local organization
- Cook a freezer meal for a busy parent
- Host a food drive
- Create “Welcome Home” baskets for neighborhood families in transition
- Drive someone to vote
- Sponsor a summer lunch program in your congregation
- Refer someone for a job
- Join the PTA and engage with your child's education
- Hold the door open for the person behind you
- Start a Book Buddies program
- Set-up a toy lending library amongst neighbors and friends
- Hold the door open for the person behind you

Lordy, Lordy
We're 40
We all face tough times.
Ongoing stress from tough times can lead to poor health and other challenges as the brain adapts to survive. Yet, science shows what we can do to change these outcomes.

Caring Connections Promote
• Healthy brains ready to think and learn
• Supportive relationships so people cope and thrive
• Strong community where everyone succeeds

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