

BE
 **kind** 
TO OTHERS

BE
 **kind** 
TO YOURSELF

BE
 **kind** 
TO YOUR
COMMUNITY

BE KIND to others

Mother Theresa famously said it, and it has never been more important than right now to practice it. Please be kind to others. Be kind in keeping your social distance, covering your cough and staying home when you are sick. But, also please practice patience for the driver that decides to drive 35 in a 40, or the upset child at the store who is crying uncontrollably. You do not know what they might be going through at the moment. Maybe the driver just got laid off and the child just fell and scrapped their knee. So, slow down, take a deep breath, wash your hands and offer a smile.

BE KIND to yourself

For many of us, our everyday lives have been turned upside down. Everyone is experiencing stress in a different manner. Kids are out of school, sports have been cancelled, vacations interrupted, people are being laid off and you can't eat at your favorite diner. Just a reminder to take care of yourself. Eat health foods, get enough sleep, exercise regularly and create some 'you' time during the day...read a book, knit a scarf or binge watch that TV show you've been wanting to see for months. And, yes, practicing social distancing can include walking, hiking and bicycling. According to the Oregon health Authority, ***“Getting outdoors is good for your body and soul. Just be sure to maintain six feet between you and people you encounter. Eating healthy, getting exercise and plenty of sleep are important ways to help keep your body resilient.”***

BE KIND to your community

Take time to volunteer or donate in your community. There are numerous ways you can volunteer: from helping at the call center, to [delivering meals to seniors](#), to signing up with [COAD \(Douglas County Community Organizations Active in Disaster\)](#). Step outside your circle and reach out to neighbors you don't know. Practice Neighbor Check-10. Set a goal to check-in with 10 of your neighbors or friends every few days. Encourage others to do the same. If we each take the time to Neighbor Check-10, we can significantly check on most of the residents in Douglas County. If you are able, call, text or knock (if you are healthy) on your neighbor's door to make sure they are doing ok. Offer to pick up groceries, run errands or deliver a hot meal. It is important to take care of one-another during this crisis. **Remember, we are all in this together.**