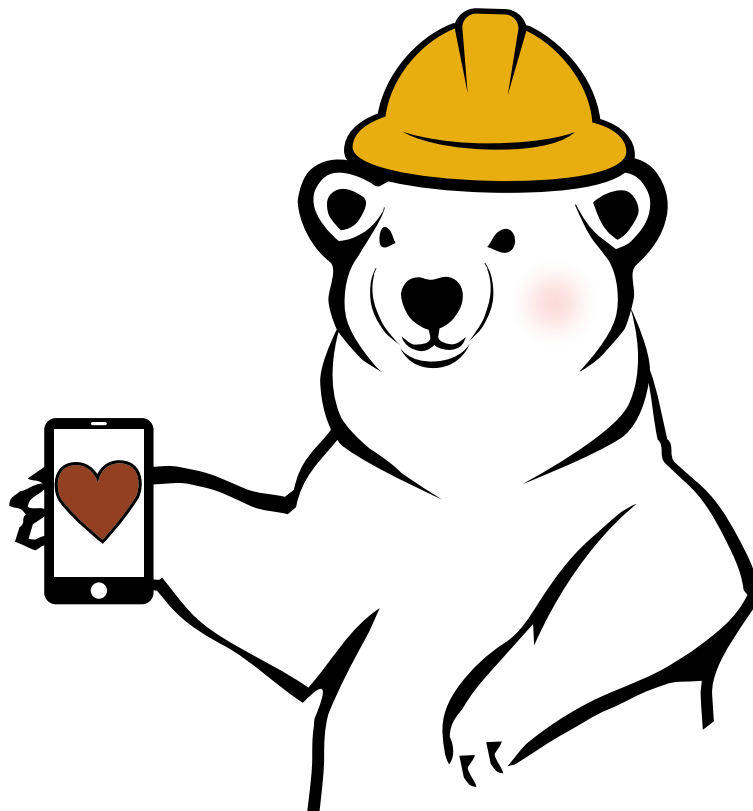




# Contagious Caring: Reciprocal Non-Demand Caring Contacts



Encouraging those closest to you to practice sending one another messages that show you care. Send brief texts or other forms of communication that do not ask questions or demand action but rather offer unconditional messages of support. For example, leave a sticky note on a door: "I am thinking of you today and wishing you well" Leave a voicemail: "I see how strong you are during this difficult time." Send a text, "You are on my heart, and I am sending support." No expectation of response, just little nudges of reassurance given back and forth between friends or family at random intervals.



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