

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #16: GIVE A (VIRTUAL) HUG



Mr. Thomas was a hummingbird who often flitted about, spreading happiness and smiles to his other friends, Ms. Alicia the rabbit, Mr. Jeff the cat and Mr. Matthew the mouse. But something was wrong. His friends noticed it right away. Instead of flying about the garden as he usually did, he was perched high atop one of the fruit trees, his usually energetic wings still and hanging at his sides.

"We need to do something," said Ms. Alicia to Mr. Jeff and Mr. Matthew. "Something awful must have happened to make him this sad." The others agreed but they had no idea how to cheer up Mr. Thomas. Honestly, he'd always been the one cheering them up!

But then Ms. Alicia remembered something that Mr. Thomas had done when she'd been sad a couple of weeks ago. She goes to stand underneath the fruit tree and calls Mr. Thomas down. He slowly makes his way down from the treetop and comes to a landing in front of the rabbit. Ms. Alicia doesn't ask him what's wrong or even say a word. She just leans forward and wraps her soft arms around the small bird. When she pulls away, Mr. Thomas' wings flutter bringing him up and at eye level with the rabbit; the twinkle that had disappeared now back in his eye.

"Thank you, Ms. Alicia."

Ms. Alicia practiced compassion by giving Mr. Thomas a hug when he was feeling upset. Let's show compassion in a similar way today!

Practice Compassion Today:



1. TAKE A MOMENT TO THINK ABOUT SOMEONE THAT MAY BE GOING THROUGH A ROUGH TIME NOW.
2. IF THAT PERSON LIVES IN YOUR HOUSEHOLD THEN GO GIVE THEM A HUG!
3. IF THAT PERSON DOES NOT LIVE IN YOUR HOUSEHOLD THEN SEND THEM A VIRTUAL HUG BY TAKING A PICTURE OF YOURSELF WITH YOUR ARMS OUTSTRETCHED IN THE UNIVERSAL 'HUG' POSE.
4. SEND THE PICTURE TO THE PERSON WITH THE MESSAGE #VIRTUALHUG.
5. DON'T PUSH THEM TO RETURN YOUR VIRTUAL HUG. THEY MAY NOT BE IN THE RIGHT HEADSPACE AT THAT TIME, BUT APPRECIATE ANY REPLY THAT YOU MAY RECEIVE.

Parent Practice Tip:

Take a few minutes out of your day to reach out to friends and family especially affected by the current events and send a quick 'hi' or 'I'm thinking about you.' You can even include your children in this!

To Learn More:

What is Compassion?

WHERE DOES COMPASSION COME FROM?

www.ChooseLoveToThrive.org