

Points of Connection: Ways to Stay Connected to the Ones You Love

When facing a hospitalization in times of COVID-19 restrictions, it is normal to think about your life, the people who are important to you, and the way the world has changed. To reflect on those things that are dear to you and wonder what your life means in this world and in the lives of those you love.

Regardless of the path your illness takes, it will mean time away from the ones you love. Even when you feel detached from your loved ones, there are still ways to stay connected. We offer this *Points of Connection* guide to help you to remain close to those you care about.

Record:

(using a phone/tablet recording app)

Read a favorite book or passage

Personal storytelling

The everyday -isms of your home
The common phrases of the couple/family, routines like good nights, I love you's, etc.

Music and Songs:

Write/re-write songs

Record your own vocal or musical talents

Create a life's soundtrack.

Compile a "mixed tape" of music that you love and share why you love it or a memory associated with the song

Photography and Video:

Look at photos and record the stories connected to them

Compile a list of your favorite, must-see movies

Make favorite photo albums within your phone dedicated to certain people or events

Create photo albums to be printed

Send video messages to family or friends

Expressions:

Freehand

Letters
Love letters
Journaling

Prompted

I hope for you...
I see in you...
I love this about you...
Please forgive me...
I forgive you...
Thank you for...
I love you because...

Write and/or record stories of favorite family vacations, events, your childhood...

Doodle:

Trace hands or feet

Create a mandala

Sketch

Connecting to self:

Take three deep breaths

Think of three things you are grateful for

Wash your hands or face

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