

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

When facing the hospitalization of a loved one in times of COVID-19 visitor 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 their illness takes, it will mean time away from them. Even when you feel detached from your loved one, 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. Identifying shared moments you enjoy with them is a bonding experience to you and the people in your life. It helps now and in the future.

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, childhood...

Create Space:

Set up a place in your home that can be an area for reflection, or vigil, of your loved one.

Things you may want to consider including:

| | |
|---|-----------------------------|
| Photographs | Religious/spiritual objects |
| Candles | Flowers |
| Jewelry pieces | Elements of a hobby |
| Artworks | Collectables |
| Music CDs/vinyl/tapes | |
| Favorite quotes, passages, scriptures | |
| Textiles – scarves, handkerchiefs, blankets | |

Mixed Media:

Share a favorite photo album within your phone dedicated to certain people or events

Send video messages to your loved one

Compile a list of your favorite, must-see movies or must-read books

Create a "mixed tape" or play list of music that you love and share why you love it or a memory linked with the song(s)

Use a phone/tablet recording app to read a favorite book, passage, or partake in personal storytelling and share it

Make phone calls/video chats to their phone or calls to the hospital room phone

Meals:

Make a family recipe or eat something that your loved one appreciates

Hold a video family meal

Reflection:

Sit quietly and take a few deep breaths

Think about your loved one and what makes them special and precious to you

In your mind, think of your hopes for their wellness, connection with you, or your love for them

uchealth