



COVID-19 Communication Resource

A letter for my loved ones after a hard day caring for others

PREPARE NOW FOR CHALLENGES AHEAD

Your family and loved ones will be a critical support for you under the extraordinary circumstances that COVID-19 is likely to bring over the coming weeks and months. What you need and are capable of may change from day to day – and that’s okay. You can help minimize added strain at home and with friends by talking in advance about how things might look for you, and what support looks like.

Here are two questions you can give to your loved ones to help them gauge your needs and respond with love:

- Do you want to talk about it, or do you want to be distracted from it?
- Do you want advice, or do you just want to vent?

HOW BEST TO SUPPORT ME ON A HARD DAY

Adapt the letter below and give to your loved ones to help communicate when words are hard to come by.

Dear Family,

With the rapid day-to-day evolution of the COVID-19 pandemic, I am witness to both the best and worst parts of humanity at work. I know you want to ask me questions and give me your support so that I can continue to go back out and help others. Today I had a really hard day and am still making sense of it and don’t know how to share it with you yet. I know you love me and want to help, so here are some ways that you can support me:

- Allow me to be quiet right now. I may want to cuddle or be with you quietly and just your presence will bring me comfort.
- Allow me to opt out of activities and know that I still love you. This is temporary, I just need some space to process my feelings.
- Understand that right now I might not want to talk about work.
- I want to be lifted up, but now might not be the time. Please don’t take offense if I don’t laugh with you today, but don’t stop trying to make me laugh!
- [If you are quarantining from your family.] I know that quarantining is already straining our relationship and living situation. Please understand that I love you, and my need for mental space in addition to physical space right now is only temporary.

Thank you for supporting me so that I can continue to provide critical support to our community in this time of need.

With love and gratitude,

Your name