Rise together

LEARN MORE
Each month, we'll be sharing a new worksheet of ways to cope during COVID-19.

Meditation

At least once a day take ten minutes and do the following.
- Find a place to be comfortable and alone
- Close your eyes and breathe naturally
- Focus on your body and how it feels
- Make a goal for the day

Who to Follow

Science of Grief - @scigallerydet
Sunrise Club Detroit - @sunriseclubdetroit
Afro Moone - @sophiyah.e
Speaking Grief - @wpsugrief
Metro Detroit Covid-19 Support - Facebook Groups
Detroit Riverfront - @detroitriverfront
Music - @treypriest @dthomasx2010

Share

Connect with someone-
- Ask an direct question - what are you doing today? Do you want to go on a walk tonight?
- Tell them about a moment in your day and how you felt
- It’s ok to tell people you are not be ok

We want your thoughts, drop us an email at info@detroitriverfront.org or visit www.detroitriverfront.org/risetogether2020 for clickable links.

#BeingApartTogether