* Home
	+ Drop off a simple meal
		- Already frozen
		- OK to be frozen if needed
		- Single serving
		- Family serving
	+ Come by my house (with advance planning)
		- Sit with me
		- Help me pick up
		- Help me clean
		- Help me organize
		- Help me fold laundry
	+ Invite me to your house
		- To chat/visit
		- To have a meal with you (with or without my kids)
	+ Stop by my house and check in on us without notice
* Physical health
	+ Invite me to go for a walk
		- Near me
		- In town
	+ Make plans with me (you keep asking until I reply/commit)
		- Walk
		- Exercise
		- Beach
		- Massage
* Financial
	+ Gas cards
	+ Grocery cards
	+ Restaurant delivery
	+ Cash
	+ A job
* Mental health / Social
	+ Send a hello or positive encouragement note (that I don’t need to reply to)
		- Text
		- Email
		- Postcard
		- Letter
	+ Send a check-in question (a message that expects a reply even if you don’t get one)
		- Text
		- Email
		- Postcard
		- Letter
	+ Send a joke
		- Text
		- Email
		- Postcard
		- Letter
	+ Make plans with me (you keep asking until I reply/commit)
		- Chat/visit
		- Tea/coffee
		- Outing
	+ Call me
	+ Send a recorded voicemail
		- Via phone
		- Via app of choice (WhatsApp, Voxer, etc)
	+ Introduce me to other people you know going through similar struggles, especially if they are out the other end
	+ Read up about my situation to better understand what I’m going through
	+ Drop something off a small token to cheer me up
		- Flowers, a note pad or journal, sparkling water, etc
* Kids
	+ Offer to watch one or more of my kids
	+ Arrange a play date with one or more of my kids and your kid(s) together
	+ Send an activity for my kids
		- Engineering
		- Arts/crafts
		- Books
		- Etc
	+ Come over to visit with one my kids (if you have a good connection with them)
	+ Drive one of my kids somewhere (pre-planned, something I’m having hard time getting them to or have to be watching the other at the same time)
	+ Call one or more of my kids
* Logistics/Administrative
	+ Ask if there is any driving you can do for me
	+ Ask if there is anything you can pick up from a store for me
	+ Writing or editing
		- Letters
		- Emails
		- Statements
		- Correspondence
		- Work related
		- Other
	+ Ask if there is research you can do
		- Doctors
		- Therapists
		- Specialty medical (PT, OT, etc)
		- Schools
		- Legal
		- Housing
		- Job
		- Services
		- Other
	+ Ask about any errands or chores you can help with