* 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