

Disability Campaign.org

Practical Tips for Encouragement

1. **Send a card.** It's always great to receive a card from a friend. Send a card with a simple message of blessing and no return address. Sign it "Just thinking of you" or "You are loved."
2. **Leave a sticky note message.** You can draw silly pictures or write a short note. By surprising your friend with a sticky note message, he'll be reminded that you care about him. Possible sneaky places to leave the sticky note: on his computer screen, inside a book he's reading, or on his car's dashboard.
3. **Do a simple act of service.** Imagine being in the shoes of your friend. Pause for one minute and think of one unexpected act of service that she'd appreciate. It could be mowing the lawn, washing the dishes, or even babysitting for an evening.
4. **Say "Thank you".** Folks all around you need encouragement: the teacher, mail carrier, grocery checkout clerk, and the parking meter attendant. Next time you see him, tell him that you appreciate the work that he does.
5. **Send a "text bouquet" of flowers to a friend.** Sometimes people can't get out of their rooms or are allergic to flowers. Take a picture of pretty flowers with your cell phone camera and send it to your friend.
6. **Prepare a meal for someone after work.** Food is something that everyone needs and most often is very warmly received. It can be such an encouragement to come home and realize that your meal is already taken care of and that part of your week is handled.



7. **Give themed gifts.** There are many different creative gift ideas that can be used. Things based on seasons, holidays, or even world countries can always be fun. Maybe hot chocolate for the winter, candy corn for Halloween, flowers for the spring, Italian dried pasta, English hot teas, and handpicked clover for St. Patrick's Day, etc.
8. **Make a point to give a weekly note or message to a friend.** Simply scheduling one time out of your week to show a particular friend that you care for them by a practical note can be the best encouragement. Sometimes knowing that someone is consistently thinking about you can be just the right motivation to get you through the week. Try to change up the style of note or message every week.
9. **Pass on things that make you smile.** Most of the time, the things that make you happy will also make others feel good. Even random things that happen to you or funny things you heard from someone else can be a perfect way to bring a light-hearted aspect into a friend's stressful moments.
10. **New places for relaxation.** Everyone needs a moment out of his or her week to just sit, relax, and breathe. Often times we forget that we need those times. It can be so easy to bring a friend to a new place such as a park, your sunroom, a library, a coffee shop, or just a random outdoor spot, and remind that person that they just need some time alone to be calm.

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