

**Day 5:
The Suffering
are
Indispensable!**



Share Grief

Help create a grief share or anxiety resource center on campus..



Handyman Day

Sponsor a handyman day to aid widows with home tasks: mow lawns, rake leaves, wash windows, etc..



Checking In

Check in with friends who are struggling.

Service
#LifeWeek2021



Send Cards

Make phone calls and send cards to those who are lonely or depressed.



Engage

Engage in mental health conversations.



Attend

With permission, attend a counseling session with a friend to provide encouragement and support.