



LFS  
**COLORADO SPIRIT**  
Wellness Program  
Of Lutheran Family Services Rocky Mountains

## Hello!

In the spirit of finding new ways to connect and engage our community, the LFS Colorado Spirit Wellness team has prepared care packages to remind us all to find time to take care of ourselves and have fun! We hope you enjoy these activities and they motivate you to find opportunities to laugh, play, and connect with your community, even if at a distance.

LFS Colorado Spirit Wellness is a short-term program that is working to provide support to our community as we handle the current challenges. Our team is here to listen and guide you through the feelings, stressors, and emotions you may be experiencing right now.

**All of our services are free, anonymous, and conducted by phone.**

**If you find yourself in need of someone to go through any activities or prompts with, don't hesitate to give us a call. Our team is here for you if you need a wellness buddy or just a listening ear!**

Need a laugh? Read some of these jokes! Like to challenge yourself with word games? Do a crossword puzzle! Like to play with numbers? Do a Sudoku puzzle! What else makes you laugh or makes you think? Bring a smile to your face by taking some extra time today to do an activity that makes you happy.

**Add Some Color Activity:** Find a pen, pencil, marker or crayon to color the mountain scene and hang it somewhere to brighten your day. Whether you color inside or outside the lines, we are all artists in our own way.

**Answer the Questions for Yourself:** Take some time to think about these questions. Do they remind you of special memories? Do they challenge you to think about moments or things you are grateful for in your life? Remember there are no right or wrong answers!

**Pass-it-On Activity:** We encourage you to share this activity by writing a letter, sending a text or making a phone/video call to share your responses with someone in your social circle. That could be a friend, family member, neighbor, mail delivery person, grocery store clerk, healthcare worker, etc. You can also share your responses with our team by calling us at (720)245-5449. We would love to hear from you!

**Mail it Activity:** We have included a postcard for you to share your answers. If you want to share your responses with our team, feel free to send them to us at 363 Harlan St #200 Denver, CO 80226 ... We would love to read your letters!

## How can you reduce or prevent stress for you and your loved ones?

**COVID-19** has put us in the difficult situation of having to be away from the people, places, and activities we love. Even as we face continued uncertainty, we can still focus on things that we are in control of. By taking small steps everyday, we build our own resiliency and can focus on our wellbeing.

**Create a daily routine.** It doesn't have to be a strict schedule but try to establish regular times to eat, play, move, and relax. We've prepared some goal setting and wellness building worksheets to help you organize any goals or habits you want to accomplish as well as to see the many things you accomplish everyday.

**Set aside quality time for you and your loved ones if possible!** We also have activities and prompts for you focused on gratitude, kindness, and humor as well as some quick exercises to re-center ourselves during stressful times.

# How Do I Help People Around Me Manage Stress?

**Be an active listener. Rather than waiting for your loved one to reach out to you, reach out to them. Reassure them that their feelings are normal and that you are there to support them.**

**If your loved one doesn't want to talk after you reach out, that's okay – give them space. By reaching out to them, you've shown them you are there for them when they're ready.**

**When your loved one comes to you with concerns, start with just listening. It's natural to want to provide comfort by telling them everything is okay. But in this situation, that can inadvertently invalidate their feelings.**

**After listening to your loved one's concerns, see if there's something they can do today to help them feel better. We can't make the pandemic go away, but if there is something small they can change or do to make them feel better right now, that could provide them some relief.**

# Quick Wellness Tips

**Take some time to enjoy the sun – whether on a walk or through a window**

**Take focused deep breaths every hour**

**Try getting enough sleep at night**

**Engage in regular physical activity or movement**

**Establish healthy eating**

**Remind yourself to drink water**

**Make lists (ex. Daily routines)**

**Keep media and screentime focused on uplifting content**

**Reinforce positive affirmations**

# Practice Gratitude

Answer any of the follow prompts at your own pace.  
We recommend saying them outloud  
or writing them down.

## Thank Yourself

What Are Three Things You Have Done Well For Yourself?

Thank One Person In Your Life (either by yourself or to them)

Write Down A Quote That Inspires You

What's Something New That You've Tried?

What's Something You're  
Looking Forward To?

# Practice Playfulness

Complete any of the following prompts at your own pace. Choose your own playful adventure, all of them can be done with social distancing.

**Be Playful With Someone in Your Support System**

**Read or Write A Joke**

**Watch A Funny Video**

**Do a puzzle, word game or card game**

**Send A Funny Video, Story, Or Photo To Someone**

**Learn Something New**

# Practice Kindness

Complete any of the following prompts at your own pace. Choose your own kindness adventure, all of them can be done with social distancing.

**Give Yourself A Compliment**

**Say Good Morning To Someone**

**Write A Kind Note Or Letter**

**Volunteer For Your Favorite Cause**

**Make A Chalk or Snow Smiley Face Somewhere**

**Pay it Forward**



# Daily Challenges: Staying Connected Offline



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**Monday: Complete your postcard and send it or hand it to someone (You can always send it to our Team!)**

**Tuesday: Draw, paint or color something – Remember everyone can be an artist!**

**Wednesday: Phone someone you care about for a nice chat.**

**Thursday: Write a kind message on paper and post it to your front window, door or somewhere in your community.**

**Friday: Join a friendly caller program or mail exchange group.**

# Daily Challenges: Staying Connected Online



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**Monday: Write an email or text to someone in your life.**

**Tuesday: Play a game online - there are many chess, card, backgammon websites and apps.**

**Wednesday: Join a virtual book club with your local library.**

**Thursday: Teach someone a new hobby or skill over the phone or video. Cooking, knitting, gardening and other hobbies can be shared virtually!**

**Friday: Host a virtual get together on a video chat platform like Zoom or Facebook and share your favorite memories.**

# Check-in!



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Doing a quick check-in with ourselves or others can help us recognize and acknowledge our feelings so that we can start to identify what we need to care for ourselves and others.

## How Are You Feeling Today?



1

I am thriving and ready to help others thrive too!



2

I am feeling good and getting what I need



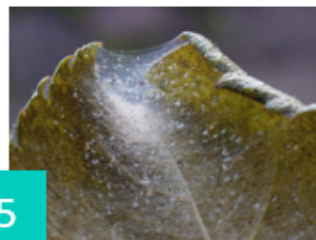
3

I look fine on the outside, but I have no idea how I'm doing



4

I could use some extra care and support



5

I'm struggling with lots of problems and feeling overwhelmed



6

I'm burnt out!

# Free and Low-Cost Tech Resources in Denver

## Internet Access

### Free Computer and Internet Access at Libraries

Many Denver libraries have laptops set up outdoors that anyone can use for free. Limited free printing is also available from these laptops.

#### Participating Libraries and Hours Available(as weather permits):

Central Library: Tue-Fri, 10-4pm

Athmar Park: Tue-Fri, 1-4pm

Ross-Barnum: Tue-Fri, 1-4pm

Bear Valley: Tue-Sat, 10am-1pm

Ford-Warren: Tue-Fri, 12-3pm

Green Valley Ranch: Tue-Fri, 12-3pm

Hadley: Tue-Fri 12-4pm; Saturday 11am-3pm

Hampden: Tue-Fri, 10am-3pm

Montbello: Tue-Fri, 12-3pm

Pauline Robinson: Tue-Fri: 12-3p

Rodolfo "Corky" Gonzales: Tue-Fri, 1-4pm; Sat, 11-2pm

Valdez Perry: Tue-Fri, 12-3pm; Sat 10am-1pm

### Low-Cost Home Internet

- [Comcast Internet Essentials](#)
  - Affordable, discounted home Internet service for those who qualify. Currently offering 60 days free service and increased speeds due to COVID-19.
  - Phone: (855) 846-8376
- [PCs for People Mobile Internet Hotspots](#)
  - Unlimited high-speed 4G LTE internet service, mobile hotspot, prepaid with no credit check or hidden fees. Modem purchase required and monthly service is \$15/month. Order online or go to Northeast Park Hill Community Technology Hub, 6035 E. 38th Ave, Denver, 80207 any time Mon-Fri 10-5:30 pm; Phone: 720-278-7725

### Free Public Wireless Internet (WiFi)

To access open public wifi internet, you must be within 100-300 feet of a location providing it. When you are in range, the network will show up in the available networks list on your device and allow you to connect to the wifi. Remember to practice social distancing!

- [Denver Public Libraries](#) Available near all library sites or parking lots. Network: DPLWireless
- [Denver Public Schools](#) Available near DPS schools or parking lots. Network: DPS Guest
- [City of Denver](#) Available near some City buildings and parking lots. Network: DenverGuest Wifi
- [XFINITY Public WiFi Hotspots](#) Coverage varies across Denver. Network: xfinitywifi
  - *Comcast's open public Xfinity WiFi hotspots are located in businesses and outdoor locations like parks, shopping areas and transportation platforms. If you see the "xfinitywifi" network name from your home, you are probably seeing a neighbor's subscription Xfinity wifi instead of an open public Xfinity hotspot so you may not be able to connect.*
- Local businesses: Some businesses, like McDonalds and Starbucks, may also have free public wifi accessible from their parking lots. WiFi network names and procedures vary.

## Technology:

Learn how to use Zoom: <https://seniorplanet.org/zoom-2/>

Improve your skills by learning more about how to your phone, tablet or other technology at these online training sessions: <https://seniorplanet.org/get-involved/online/>

## Computers and Devices

[PCs for People](#) offers a variety of very heavily discounted, low-cost devices(desktop computers, laptops, accessories, wireless hotspots) for those who qualify. You can order online or pick up at their Denver store. They also do low-cost computer repairs. Phone: 720-278-7725

## Print, Copy, Scan and Fax

- Limited free printing is available at libraries offering outdoor computers(see above for locations).
- Printing, copying, scanning and faxing services are available at [Staples](#), [Kinkos/FedEx](#) and [Office Depot](#) locations and faxing is also available at most [King Soopers](#) locations.

## Get Technology Help and Support

### Denver Public Library

- [Chat with a Librarian](#)
- [Email a Librarian](#)
- Phone a Librarian at 720-865-1111
- [Teach Yourself Technology Resources](#)

### Senior Planet(age 60+ only)

- Tech Help Hotline (303) 218-7320(Leave a message and someone will call you back)
- [COVID-19 Tech Support and Events](#)

## Low-Cost Internet And Computer Offers

[EveryoneOn Offer Locator](#) Search for low-cost internet and computer offers in your area by using the EveryoneOn National Locator. Type in your zip code and answer a few questions to figure out what offers you may qualify for.

*This resource list was compiled by the Denver Digital Equity Coalition, a group of local stakeholders, including representatives from a variety of city agencies and nonprofits, working collaboratively to address the digital divide and improve digital equity in the city of Denver.*

# Entertainment Online

## **Online Games:**

**chess.com**

**cardgames.io (Backgammon, cribbage, card games)**

**<https://www.cardzmania.com/> (card games)**

**Pogo.com (card, board, and word games)**

**Words With Friends (download app)**

# People to People Connections

## **Friendly Caller Programs:**

**We may be socially distanced, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help during challenging times. All of these programs connect trained volunteers to schedule calls with community members.**

**AARP Friendly Voice: Call 1-888-281-0145 to request a call. Leave your information and they will call you back. Llámamos directamente al 1-888-497-4108.**

**SAGE of the Rockies Phone-a-Friend Program (For LGBTQI+): Participants are matched with a volunteer with similar interests for a friendly, weekly phone conversation and check-in. Phone calls typically range from 20-60 minutes and are a great way to stay socially connected to the larger community. Request a Phone-a-Friend volunteer via the online form or call 303-733-774**

**<https://lgbtqcolorado.org/programs/sage/individualized-support/phone-a-friend-request/>**

**Volunteer as a Caller with Spark the Change Colorado: Volunteers are asked to call a minimum of three people per week for "Kind Connection" phone calls. We will provide a script of suggested language and guidelines for conversations. We will also offer a list of resources if community members are looking for mental health or other services. Volunteers will be required to complete a background check prior to volunteering. Please contact Cynthia Williams at CWilliams@sparkthechangecolorado.org.**

# People to People Connections

## **Snail Mail Programs:**

**Do you remember the thrill of receiving a postcard from someone you know and love -- or maybe even from someone you never met? Do you love sharing kindness through card making or letter writing? Then these resources could be for you!**

**Fill out this online form to receive a handwritten postcard from a Denver Public Library staff member: <https://www.denverlibrary.org/postcard>**

**Take a moment to thank our healthcare heroes by sending letters—drawings, collages, postcards, photographs, and notes—of love and appreciation to healthcare workers on the frontline of the pandemic. Sign up online to receive a name and address of a healthcare worker in your email inbox on a weekly or daily basis: <https://loveletterproject.com/>**

**Send letters to residents and staff at senior care facilities across the U.S. Find the list of addresses here: <https://www.timeslips.org/about/news/27>**

**Exchange postcards with people around the world at [postcrossing.com](http://postcrossing.com)**



# People to People Connections

## **Meaningful Conversation Starters:**

**Find yourself sick of discussing the COVID-19 pandemic and need some ideas to spark meaningful conversation and deepen relationships with people in your life? Feeling alone and need some new ways to connect and engage with the community members? Whether you are building new relationships or deepening old ones, here are some ideas for conversation-starters to spark new conversations with the people around you. These are also great questions to ask yourself to reflect on some of your favorite memories. Maybe they will inspire you to write them down, record them or share them with your community.**

**What is the most beautiful sound in the world?**

**What is one thing that doesn't cost anything, occurs naturally, and always makes you smile?**

**If you could have a superpower what would it be?**

**What is the best meal you ever ate?**

**What is your favorite childhood memory?**

**What did you and your friends do for fun when you were younger?**

**What was the best lesson you learned?**

# Conversation Starters Continued

**Where was the first job you had?**

**Where was your favorite place that you've traveled to so far?**

**What is something that made you happy this week?**

**Who has influenced you the most in your life?**

**What life advice would you pass along to yourself 30 years ago?**

**Do you have a "hidden" talent?**

**What are you most proud of?**

**What was the best day of your life?**

**How have your dreams and goals changed throughout your life?**

# MY GOAL

**My goal:**



**Steps to take:**



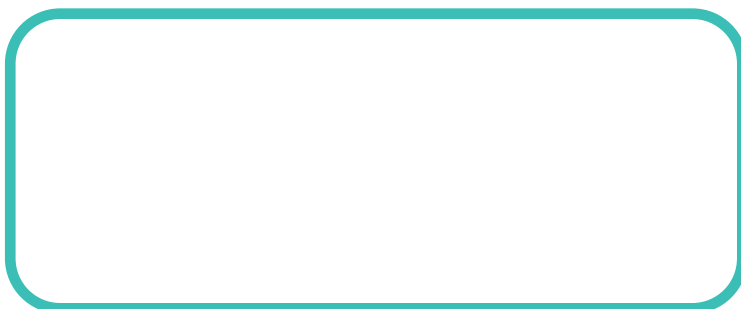
**Potential Obstacles:**



**How I Can Respond  
to these Obstacles:**



**How I Will Celebrate My Wins:**



# Weekly Wellness Builder

**My goal/  
habit:**



**Daily Focus: (Remember, small steps every day make a BIG difference)**

**Monday**

**Tuesday**

**Wednesday**

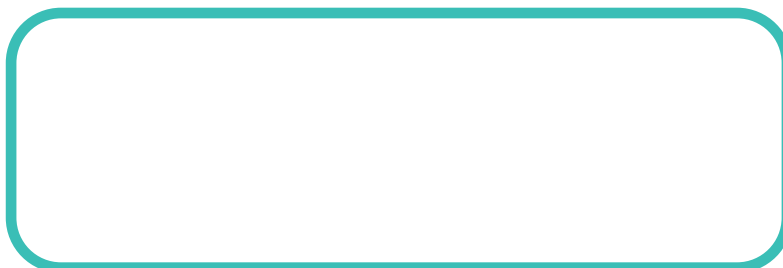
**Thursday**

**Friday**

**Saturday**

**Sunday**

**Favorite Accomplishments This Week:**



# Grounding Exercise

Below is a sensory based grounding exercise using prompts for 5-4-3-2-1. You can do this exercise anywhere, if you want variety try doing them inside and outside. If you feel anxious when you are out and about, even just doing one of these can help you ground yourself in different surroundings.

**5**

**Things You Can See**

**4**

**Things You Can Feel**

**3**

**Things You Can Hear**

**2**

**Things You Can Smell**

**1**

**Thing You Can Taste**

# Grounding Exercise

Below is a visualization based grounding exercise incorporating nature, but you can choose other places that make you happy. We recommend finding a calm space to try these out.

## Prompt 1: Use your senses to create a mental image

**Visualize your space in nature.**

**Walk around your surroundings.**

**What colors do you see?**

**Are there sounds?**

**Are there sensations? (Imagine picking up a rock or feeling a leaf)**

## Prompt 2: Remember the last time you were there

**Who were you with, if anyone?**

**What did you do there?**

**How did you feel?**

# Grounding Exercise

Below is a breathing based grounding exercise. Breathing exercises can be practiced anywhere. If you feel anxious when you are out and about, or need to refresh yourself during the work day, breath work is a great way to add some relaxation to your day.

## 4-7-8 Breathing

**Breathe in for 4 seconds.**

**Hold Breath for 7 seconds.**

**Breathe out for 8 seconds.**

**Optional: Repeat 3x or 5x for deeper relaxation!**

# Low Impact Chair Exercises

Getting exercise is a great way to feel good inside and out. You can also add some simple chair exercises to your daily wellness routine to get some movement in your day. Chair exercises can build and maintain muscle strength for your core muscles, glutes, back, legs, and arms as well as support flexibility and mobility.

The most important part of exercise is listening to your body and doing what you enjoy and what feels good. Always check-in with your doctor or a service provider about what is safe for you, they can give you some great tips!

We have included a few exercises for you to get some ideas or to try out. Just remember this is your exercise routine so explore things you like, take your own time, and listen to your body!

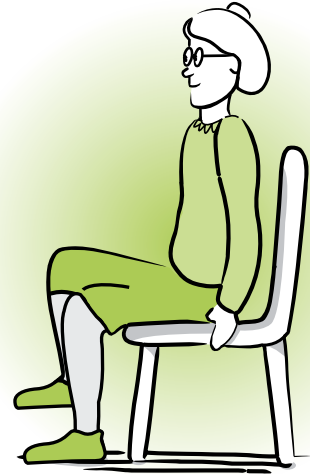
The following exercises are from <https://www.healthpromotion.ie/hp-files/docs/HPM00487.pdf> but there are many resources on Youtube, Netflix, and more!



## WIGGLING WARM-UPS

# Chair March

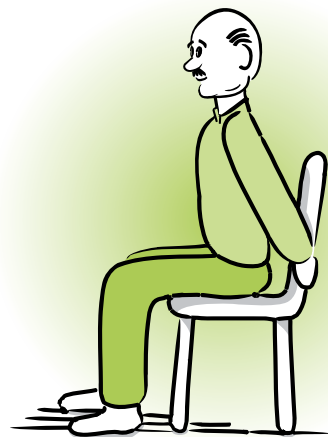
- ➔ Hold the sides of the chair
- ➔ Begin a marching action by raising your right foot and placing it down and then raising your left foot and placing it down
- ➔ Find a rhythm that is comfortable for you
- ➔ Continue for up to 60 seconds
- ➔ Now rub up and down your thighs (and your knees if you can reach safely)



## WIGGLING WARM-UPS

# Chest Stretch

- ➔ Reach behind you with both arms and aim to hold the back of the chair
- ➔ Press your chest forwards and upwards until you feel a stretch across your chest
- ➔ Hold for up to 10 seconds
- ➔ Repeat 2 more times



## WIGGLING WARM-UPS

# Arm Reaches

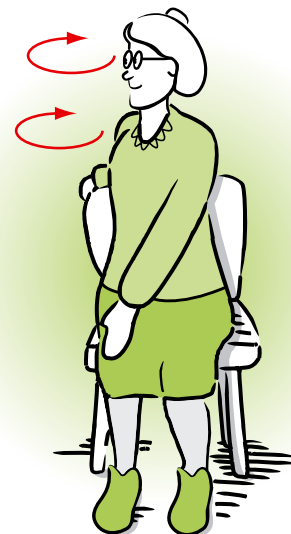
- ➔ Hold the sides of the chair
- ➔ Keeping your right hand in place, raise the left hand up and reach toward the ceiling and hold for up to 10 seconds
- ➔ Then, slowly lean to the right side, hold for up to 10 seconds
- ➔ Return to centre and lower your left arm
- ➔ Repeat up to 3 times on each side



## WIGGLING WARM-UPS

# Body Twist

- ➔ Place your left hand on your right knee and your right hand behind you on the back or side of the chair
- ➔ Keeping your back upright, slowly turn your upper body and head towards your right arm
- ➔ Hold for up to 10 seconds and slowly turn back to starting position
- ➔ Repeat on the opposite side
- ➔ Repeat up to 3 times on each side



## WIGGLING WARM-UPS

# Leg Stretch

- ➔ Slide forward on the chair and straighten your right leg out in front with your heel to the floor and your toes pointing to the ceiling
- ➔ Place both hands on your left thigh for balance
- ➔ Slowly lean forwards while keeping your back straight and chest out
- ➔ Stop when you feel a comfortable stretch in the back of your right leg
- ➔ Hold for up to 20 seconds and then repeat on the right leg



## JOINT JIGGLERS

# Neck Tilts & Turns

- ➔ Slowly tilt your right ear towards your right shoulder (Fig. a)
- ➔ Hold for a few seconds and bring your head back to centre
- ➔ Repeat to left side
- ➔ Tilt your head down so your chin moves towards your chest (Fig. b)
- ➔ Hold for a few seconds and bring your head back to centre (**Do not tilt your head backward!**).
- ➔ Turn your head to the right and look over your right shoulder and slowly return to centre (Fig. c)
- ➔ Repeat to left side



Fig. a



Fig. b



Fig. c

# We're Here For You!

## The LFS Colorado Spirit Wellness Program

is helping our communities recover. Support for your well-being is available for anyone struggling with pandemic-related stress.

We work with people living in the city and county of Denver. We work with you to get the support you need by taking the time to understand your unique challenges, identify and enhance your existing strengths, and connect you to the right resources.

## Anyone can access our free, anonymous services

Including individuals, couples, families, children, teens, and adults. Resources are also available to community organizations and professionals.



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[www.lfswellness.org](http://www.lfswellness.org)

## Ways We Can Support:

Skills to manage & reduce stress

Connection to critical resources

Helpful ways to deal with anxiety, depression, and uncertainty

Create a plan to address your unique needs

Coping with grief and loss related to COVID-19

## Scan For Free MyStrength APP



Call Us At:

**(303) 217-5845**  
(Denver)

**(970) 232-1147**  
(Western Slope)



@lfscospiritwellness