



UPLIFTING OUR WORLD THROUGH LOVE IN THE TIME OF COVID-19



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Every person can have different point of view for how we can uplift the world during Covid-19 but I think we can show our love by helping people and let everyone know that we care.



Do you want to be involved?

Here are some tips



If you're able, **send payments** to your hairstylist, barber, and nail technician as if you were keeping your appointments.



If you're able, **buy gift certificates** from your favorite local businesses and save them for later, or give them as gifts right now to your grocery store cashier, mail carrier, or anyone else providing vital services in your community.



If you can, go online and **make a donation** to your local food bank.

One more thing...



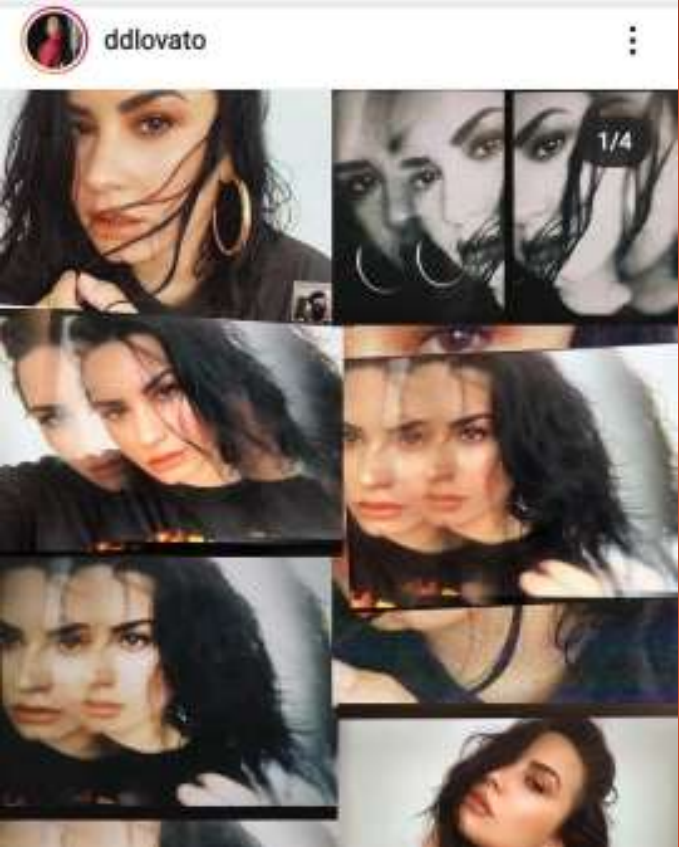
Be gentle with yourself.

It's normal to feel overwhelmed and afraid. It's okay to log off and take a break. It's okay to say "I need help." We can all take turns lifting each other up.

Knowing how much fans they have and what big influence they have on them, a lot of celebrities stayed home, spent time with their families and the most important is that they cancelled a lot of concerts worldwide. That's the way they contribute for the solution of this situation.



xtina A reminder that we're doing it for ourselves, our families, for the elderly, the babies, the immunocompromised, our sick neighbors, our grandparents, our parents, our brothers, sisters, idols, rivals and friends. We're doing it for everyone who can not, who are risking their lives to fight for ours. #FlattenTheCurve #StayHome #StaySafe ❤️
Продолжен на всички 1 071 коментара

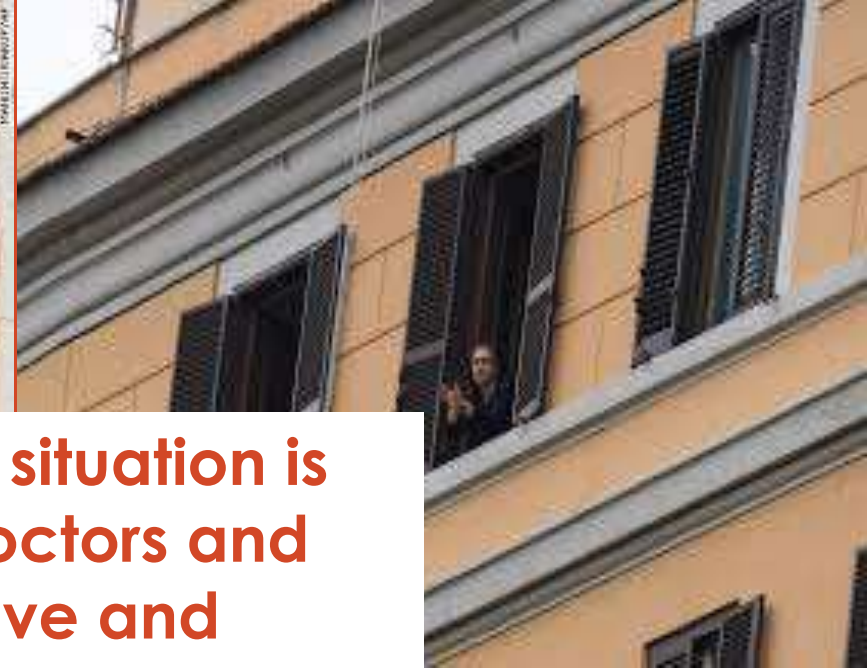


Dem Lovato took the photoshoots to a whole new level with her creativity

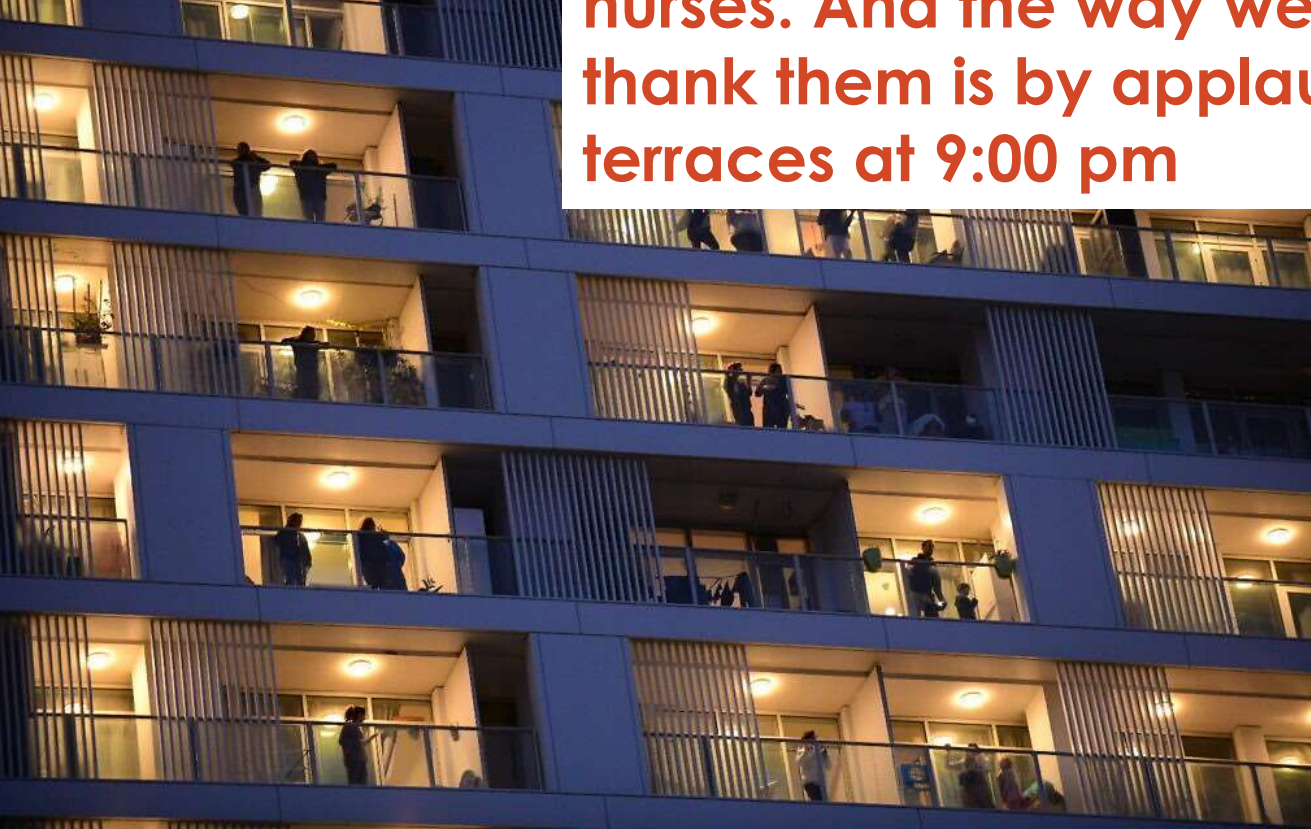


ddlovato Did a virtual FaceTime photoshoot with @angelokritikos... when the world shuts down and you gotta stay safe, you also gotta get creative!!! Angelo - you're so talented.. I'm obsessed with you
AAA





A lot of people see how serious this situation is and appreciate the hard work of doctors and nurses. And the way we share our love and thank them is by applauding them from out terraces at 9:00 pm



We can't stay home the whole time because we need to go to the market or walk the pet. In that time we can meet a friend, a neighbour or a teacher but we can't hug them or handshake because of the social distancing, so there are some alternatives

ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI



THE WAVE



THE HAND ON HEART



NAMASTE



NZSL: HOW ARE YOU?



THE 'HI-BROWS'



THE 'ALL GOOD' NOD



THE 'EAST COAST WAVE'



THE 'WHAT A WORLD EH?'

It's a tough time for everyone but we can get through it by helping each other. Don't wait just call your close ones (your grandparents, uncle and aunts, cousins or friends) make sure they are okay and tell them you love them.

If you can't stand staying at home that long go for a walk in the nearest park **ALONE** or you can go to your old neighbor ask them if they need something and shop for them.

There are so much things to do at home and so many ways to help others but only if you want and you believe we can.



Thank you for your attention
...and don't forget to stay home!

*couch potatoes
save lives*



#STAYHOME