

# Digital Ways to SHOW YOUR GRATITUDE

Looking for a way to show gratitude to people you aren't seeing in-person? The digital world has you covered — here are a few quick, heartfelt ways to virtually tell your friends and family you appreciate them!

## Digital Gift Cards

Send an online gift card to Amazon, a food delivery service, streaming platform or favorite local restaurant. Be sure to include a thank you message to let your relationship know why you sent it!

## Send a Video Message

Record a quick message that expresses your gratitude for the person on the other end. List specific qualities you love and thank them for being there! This is a great way to get face-to-face from afar.

## Sharing a “Memory” from Social Media

A simple yet meaningful gesture to remind a friend or family of a fun time you had together in the past. Add a line about why you're grateful for that experience!

## Send an eCard

Customize the card online and add photos. Some services let you have larger groups of friends sign digitally for bigger occasions like birthdays or anniversaries.

**Platforms to try:** GroupGreeting, Punchbowl, Blue Mountain

## Send an Inspiring, Uplifting Quote

See a quote or video that might resonate with a friend? Text or direct message it with a comment that says, “Thinking about you!”

## Ship a Small Care Package

Mail a small item to a friend as a surprise appreciation gift. Go for simple yet useful items like a coffee mug or journal or a handmade item or drawing that reminds you of that person.

