

## Rebuilding Social Circles

# Day 2 - Micro-Outreach

Short, warm messages open doors.

### ***Why this helps***

Tiny outreach lowers anxiety and gets quick wins. A simple 'thinking of you' or 'tea sometime?' rekindles ties without pressure.

### ***How to do it***

Send three 2-3 line messages or voice notes - one to each starred person. Offer one specific time window for a short call or tea.

### ***Example***

"Hi Imran, passing by your garden made me smile. Free for a 10-minute tea on Thursday after Maghrib?"

### ***Activity - Outreach Tracker***

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Person 1 + message draft

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Person 2 + message draft

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Person 3 + message draft

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Proposed time windows

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