

#HumanHour Calendar Copy For Those Wanting To Run Their Own Human Hour With Friends, Family or Peers

Simply cut and paste the copy below into your calendar invitation.

In a world where anxiety and loneliness were already on the rise, where human connection was becoming a luxury, and where social distancing is now the new norm, we have an opportunity. An opportunity to intentionally invest in ourselves and each other, to make human connection a practice and our mental wellbeing a priority. Which is why I/we've decided to participate in #HumanHour.

Human Hour is a commitment to spend an hour of your time with us invested in positive human connection. The concept is simple and the practice is free. To find out more, go to humanhour.co This hour is lightly facilitated and has one objective: to bring positive human connection into your day. It's not an hour to talk work, to pedal fear or share the latest statistics on Covid19. It's an opportunity for us to understand each other, to express gratitude, kindness and bring a little happiness into each other's day.

I/We will be running our own Human Hour/s on <<insert date and time>> and we'd love to have you join us. Simply accept this calendar invitation and show up at the scheduled time to join us.

We'd love to share a little human connection with you.