

The Importance of Social Connections



Benefits of social connection

- Improves mental health
- Gives us a purpose
- Lowers rates of anxiety and depression
- Strengthens immune system
- Decreases risk of disease
- Increases levels of happiness
- Reduces levels of stress
- Elevates self-worth & confidence



Make + Maintain Friendships

- Enroll in a class or workshop
- Join a group/meetup (book clubs, yoga class, game night)
- Volunteer
- Accept invitations to go out
- Connect genuinely
- Make the effort to stay in touch
- Listen with intention



Strengthen your Relationships

- Make a list of people you want to stay in contact with regularly
- Ask for specific types of help. Even the best of friends can't read your mind
- Commit to a certain amount of time together each day or week—without distractions
- Prioritize your friendships



Connect at Work

- **Build Friendships:** Quality relationships provide emotional support
- **Embrace Mentors/Mentees:** Professional support is important
- **Participate:** Be part of your workplace's culture. Join the onsite fitness center. Participate in classes, challenges, and company events
- **Encourage Team Building:** Brings colleagues together



Tips to Thrive

- Make the first move: Reach out to friends/acquaintances
- Use technology to your advantage: Keep in touch with loved ones through Skype or FaceTime
- Adopt a pet
- Learn to let go of what does not serve you
- Listen to your intuition



References

- <https://www.psychologytoday.com/us/blog/feeling-it/201208/connect-thrive>
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- <https://www.mentalhealthamerica.net/connect-others>
- <https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm/>



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