STAY CONNECTED FOR YOUR HEALTH!

SUPPORTIVE RELATIONSHIPS...
- reduce symptoms of depression & anxiety
- improve immune system function
- promote good health & overall well-being

START WITH YOU
What are some activities that make you feel alive, curious, engaged, happy, etc? Spending time doing those things will connect you to others doing the same.

REMEMBER NAMES
Calling someone by name is one of the easiest ways to show you appreciate them. A name signals the difference between a stranger and a friend and makes others feel respected and important.

APPRECIATE & PRAISE OTHERS’ ACHIEVEMENTS
Celebrating others for their uniqueness, talents, and endeavors builds esteem, mutual appreciation, positive social bonds, and community! We all crave appreciation and recognition, so if you think something positive of someone – tell them.

PRACTICE SELF-COMPASSION
Being self-compassionate decreases anxiety & depression and increases levels of personal wellbeing, optimism & happiness. The key to success & growth: learn from experiences and keep moving forward.

ATTITUDES ARE CONTAGIOUS!
We are biologically hardwired to mirror others with mirror neurons in our brains! Choose your contagion and what you “catch” by surrounding your self with others with a positive outlook & coping mechanisms.

ENCOURAGE PEOPLE TO TALK ABOUT THEMSELVES
Most people loosen up even in tense situations if they start talking about what they know, specifically themselves. They feel comfortable and valued, and you get to learn about them! A win-win allowing you to connect more deeply in the future.