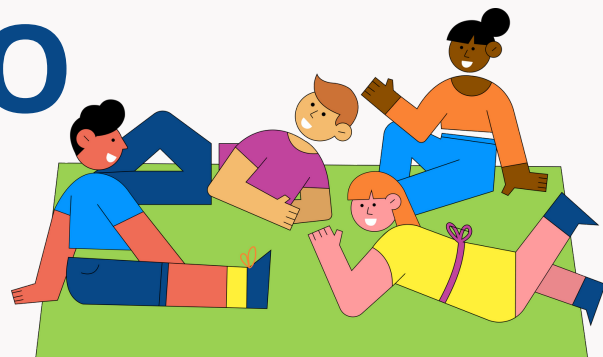




# 12 WAYS TO GROW SOCIAL CONNECTION



1

**Understand the power of social connection** and the consequences of social disconnection by learning how the vital components (structure, function, and quality) can impact your relationships, health, and well-being.

**Invest time in nurturing your relationships** through consistent, frequent, and high-quality engagement with others. Take time each day to reach out to a friend or family member.

2

3

**Minimize distraction during conversation** to increase the quality of the time you spend with others. For instance, don't check your phone during meals with friends, important conversations, and family time.



4

**Seek out opportunities to serve and support others**, either by helping your family, co-workers, friends, or strangers in your community or by participating in community service.

4

5

**Be responsive, supportive, and practice gratitude.** As we practice these behaviors, others are more likely to reciprocate, strengthening our social bonds, improving relationship satisfaction, and building social capital.



7

**Participate in social and community groups** such as fitness, religious, hobby, professional, and community service organizations to foster a sense of belonging, meaning, and purpose.

6

**Actively engage with people of different backgrounds and experiences** to expand your understanding of and relationships with others, given the benefits associated with diverse connections.

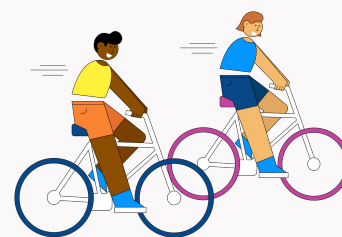
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**Reduce practices that lead to feelings of disconnection from others.** These include harmful and excessive social media use, time spent in unhealthy relationships, and disproportionate time in front of screens instead of people.

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**Seek help during times of struggle with loneliness or isolation** by reaching out to a family member, friend, counselor, health care provider, or the 988 crisis line.



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**Be open with your health care provider** about significant social changes in your life, as this may help them understand potential health impacts and guide them to provide recommendations to mitigate health risks.

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11

**Make time for civic engagement.** This could include being a positive and constructive participant in political discourse and gatherings (e.g., town halls, school board meetings, local government hearings).

12

**Reflect the core values of connection in how you approach others** in conversation and through the actions you take. Key questions to ask yourself when considering your interactions with others include: How might kindness change this situation? What would it look like to treat others with respect?

12