

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

Date: July 2022

### Social Connections

Although we are wired to connect with others, we don't always prioritize social connection during our busy lives. No matter who you are, there are likely ways that you could grow your social network, build deeper connections, or cultivate healthier relationship habits. Social connections are sometimes called "social capital" for good reason: They are a valuable resource in life, creating moments of positivity and fun, supporting us through good times and bad, and exposing us to new ideas and new people. If we cultivate healthy connections, the research promises a longer, happier, and more prosperous life.

#### Some benefits of social connection:

- Vital to happiness
- Good for our health
- Makes you feel good
- Helps to live longer

#### Here are some specific ways to improve your social connection

- **Be your best possible self for relationships**
- **Capitalizing on positive events** – Show interest, enthusiasm, and positivity about someone's good news
- **Active Listening** - Connect with someone by tuning in to what they're saying and showing empathy and understanding.
- **Gift of Time** - Invest in your relationships by spending quality time with people you care about.
- **Give back** – Volunteer or participate in neighborhood events, community groups or your local recreation center.

Research has shown that one leading cause of suicide is an overwhelming feeling of loneliness or no sense of belonging. Social connections are often created not only in personal relationships (i.e. romantic) but are also created in joining groups of individuals with common hobbies or goals. According to National Research for Health and Wellness individuals reported notable relief in depressive episodes after attending regular yoga sessions, martial arts class, or community activity. Results indicating that personal connections can often contribute to happiness.

#### Discussion Points

1. How has networking or social connections helped your career or personal life?
2. Does anyone have any hobbies outside of work that recharge them emotionally or physically?