

Building Resilience: One Step at a Time

More Social Connection Tips

Social connections can strengthen us for the storms of life. Check out the One-Pager, “Social Connection Heals,” for additional benefits and tips for healthy, healing social connections.

Here are more benefits. Research shows that building and maintaining good social connections can provide valuable benefits during tough times.

- Boost our sense of self-esteem and self-efficacy.
- Exhibit better listening and empathy skills.
- Display stronger emotional regulation
- Tend to provide more positive feedback to others.

Now the tips for improving social connectedness for better well-being.

- **Join up** – people who join with others for social events, work projects, or service clubs experience a greater sense of purpose and belonging.
 - It does not have to be a long-term commitment – find people who need help and, well, help.
 - Pack food at the food bank, help at a feeding station, and get a group to give blood together.
- **Rejoice with those rejoicing** – spend enough time with positive, joyful people to allow it to rub off on you. Joy can be contagious in ways similar to laughter.
 - Who makes you happy or joyful inside? Find that person and make the connection.
 - Think of ways to be that person for others, then go make them rejoice.
- **Appreciate your friends and family** – Of course, we appreciate them, but do we show that? Speaking your gratitude and appreciation face to face is powerful, as is writing it in a letter or card.
 - Write to a family member, telling them why you appreciate their role in your life.
 - Call that parent, sibling, or friend and tell a few stories of how they encouraged or helped you.
- **Give back** – We have all been given much. Giving back can be a blessing to others and to us, for it is known to improve the mood and well-being of the giver and receiver.
 - Make or bake something special and take it to another to share with them.
 - What do they like? Find it, package it, deliver it, and tell them why.
 - You can do this as a “pay it forward,” too!
- **Remember to build you’re A.R.K.** – with *Acts of Random Kindness*. Hold that door for people. Smile and say hello. Stop to help others. Give something sweet to others and keep your identity a secret.
 - What if you developed your own “G.I.F.T. Days?” “Give It Forward Today” is a time to randomly bless people you know (or you don’t know) with gifts to make them smile.
 - Send a happy, caring text to people in your contacts. You can do one or two on each break or transition in your day.
 - Shovel snow for neighbors and strangers!

Whatever you do to make connections, make it joyful!