

Sign Up
for a Class

Find a
Service Project

CONNECTING 101

Why Connect -

A 75 year Harvard study found that good relationships keep us happier and healthier

Positive social connection is linked to greater longevity, increased well-being and lower stress levels

When you have social connections, oxytocin (the anti-stress/cuddle hormone) is released which also boosts your serotonin (the "feel good" chemical in your body)

According to a Stanford professor, one of the best things a woman can do for her health is nurture her friendships

Create a
Book Club

Join a Gym

Invite a Friend
to Lunch

How To Connect -

Be curious - ask questions to learn about others

Bring your true self to interactions

Observe group dynamics to better understand the "culture"

Be pro-active in engaging others - it's your responsibility to extend yourself when you are in a new situation

Create opportunities to deepen connections by inviting groups and individuals to gather

Seek the good in others and let them know what you see (truthful compliments are a sign of strength!)

Where To Connect -

Serve Others - volunteer with an organization that connects to your soul

Take a class - meet like-minded people while learning something new

Get moving - meet others interested in healthy living at your local gym or exercise class

Join a team - if you like sports (tennis, soccer, volleyball...), find a local team to join

Collaborate at work - find opportunities to partner with colleagues on projects

Check out - www.meetup.com for endless gathering opportunities

Take the VIA
Strengths Survey
VIACHARACTER.ORG

Take a Walk
with a Colleague

Re-Connect with
an Old Friend



What About YOU?

Be approachable and open to new connections

Allow yourself to be vulnerable in new situations (it's actually a sign of confidence!)

Look to those who you admire for inspiration and modeling

Know your strengths and use them in your interactions (visit www.viacharacter.org to take a free strengths survey)

Be patient with yourself!

Today I Will:

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