



# Get social to beat stress

Spending time with other people is good for your health. Quality relationships make you more resilient to the effects of stress and help you cope with life's challenges. Connecting with others can also bring more joy to your life.

Humans are not meant to go it alone. Be proactive in connecting with family and friends to protect your mental health and the health of your loved ones.



## PHONE A FRIEND

Sometimes, the easiest place to start is to pick up the phone and call someone you care about. Whether you talk about what's bothering you or simply chat about current events, connecting with another person is an easy way to lift your mood and help you feel better.



## USE TECHNOLOGY

Text, email, and video chats are all low-pressure ways to connect with your support system. Stress can make even the simplest tasks feel overwhelming, so use technology to your advantage. Get a conversation going via text or email to share how you are feeling.



## VOLUNTEER

Donating your time to help a good cause is a great way to give back. This also helps build a new support network. Working alongside others who share your passions provides an outlet for your skills and a chance to connect with new friends.



## TAKE A CLASS

Expand your social network by enrolling in a class that interests you. Engaging in an enjoyable hobby while meeting others with the same interests is a powerful way to reduce stress. Try something new like dance, painting, sports, or a book club.



## SHARPEN YOUR SOCIAL SKILLS

Not everyone feels at ease in social situations. Connecting with others may take practice and repetition. While it can feel awkward at first, your social skills will grow with every effort to spend time with others. Practice asking good questions and expressing interest in those around you.



## SEEK HELP

Loneliness is bad for your mental health. If you find yourself unable to form quality relationships, seek the help of a mental health professional. No one should struggle alone, and a qualified healthcare professional is a safe, first step in building the support system you need.