



Having strong personal and social connections enrich our lives and help us through the tough times.

# Strengthen Connections

Humans by nature need to feel supported and valued by others.



**Strengthen your relationships.** Reach out regularly and commit to spending time together. Listen well to what family and friends have to say. Tell them often how much you respect, enjoy and love them.

**Make new connections.** Take a class or join a club. Volunteer with others on a common cause.

**Join a support group.** This may help if you need more support, such as dealing with an illness.

**Seek help.** If you are in a troubled relationship that you have tried to make work, consider individual or couples therapy.