



Strengthen Connections

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

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



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.