

# Heart connections

Having meaningful social connections make a difference in preventing and managing many chronic diseases.

Reflect on the healing powers of your social connections and relationships. Take steps to strengthen existing ones and seek out new ones.



Have friendly chats during brief social interactions with neighbors, store clerks, and waiters.

When listening to others, be caring, empathetic, and without blame or judgment.

Reach out to friends and family using online video chats.

Participate in neighborhood events or join a group, club, or class related to an interest or hobby.