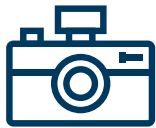


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# Strategies For Enhancing Your Social Health

## Creating New Connections



### Do you have a favorite hobby?

Join a group with like minded interests to go on hikes, run, paint or volunteer with on a monthly basis.



### Garden Much?

Get involved with or start a community garden. Cultivating and sharing food is a great way to build relationships.



### Volunteer

Find activism or a non-profit cause that you are interested in and get involved. Feel good interacting with others and feel good about making a positive difference with your philanthropic endeavor.



### Travel

Traveling to new places is a great way to interact with new people, expand our minds and our experiences. Be open minded during your travels to the local culture and embrace something new and different.

## Enhancing Current Connections

### Be the positive influence

With your family or friends be the one suggesting activities that involve light movement or healthy food options.

### Refrain from judgement

Respectfully disagree, avoiding personal attacks during conflict. Don't be overly critical while being empathetic towards another's situation.

### Do you know any caregivers?

Offer support or assistance to ease some of their stress. Sometimes a nice conversation goes a long way.

### Limit your social media time

Encourage yourself and others to disconnect from the mobile device and be present during your social interactions. No time like the present time!

### Small changes

Don't overwhelm your family and friends with new healthy activities or go too far on the health side too fast. Change can be hard, incremental change helps.