

A GUIDE TO STAYING CONNECTED

The research is in and it is very clear – being connected to "YOU" and to others strengthens our physical and emotional health. The more connected we are to the self, the more we can connect to those around us. Knowing this, set your intention to boost your belonging and connection with others and tap into what makes you feel good.

This guide will provide some ideas to get you started with a more abundant life. TRY AND DO ONE THING A DAY to cultivate connections.

CONNECTING TO SELF

DECREASE EXPECTATIONS

Consider ridding yourself of expectations. We frequently expect so much from ourselves that we are often left with a feeling of disappointment. Try to approach life without expectations of a certain outcome, and it will take your need to control the outcome away. Let it happen.

WRITE IT DOWN

Journaling is a great way to organize your thoughts. It doesn't have to be long, but try to note a few key things like: 3 things you are grateful for or what happened that made you feel alive? End each journal with saying something compassionate to yourself... e.g. "Hey, give yourself some grace -- you did the best you could today."

MINDFUL BREATHING

Spend at least 5-10 minutes a day engaging in mindful breathing -- focusing your attention, calming your mind & body, and becoming more aware of your thoughts and feelings.

GET OUTSIDE

Being outside lowers stress hormones and blood pressure. Feel the wind in your hair and some sun on your face. Stand in the rain or build a snowman -- create a oneness between you and nature.





CONNECTING TO OTHERS

This guide will provide some ideas to get you started with a more abundant life. TRY AND DO ONE THING A DAY to cultivate connection with others.

REACH OUT

Send a text or make a phone call and just let others know that you are thinking about them. Share something that you really appreciate about them. Invite your friends and family to spend an hour connecting. Use our [Belonging Questions](#) to dive deeper.

MAKE A LUNCH DATE

Make a point to have lunch with someone new each week. Put all of your colleagues' names in a hat and pull a new name each week! Invite them to eat with you (in-person or via Zoom) and get to know them better.

JOIN A GROUP

Start a virtual book club... or gardening club... or wine-tasting club... connect with others who share your passion! Exercise groups or walking groups will help you connect to the physical.

LEARN SOMETHING NEW

Learn something new -- take a virtual dance class or educational course and make a point to get to know your fellow students. Finding individuals with like minds and passions makes great connections.

VOLUNTEER

Volunteering connects you with a side of your community you might not meet. Check out the local food bank or get creative by making blankets for dog shelters, scarves for cancer patients, or offer to make calls for a non-profit. Helping others is a great way to feel connected.

SEND SOME SNAIL MAIL

Not everyone has the ability or opportunity to connect. Send a letter to someone in a senior home, to a child in a hospital, or a person in the military. What a great feeling helping others engage in belonging and connection.

