



True Connection: be heard, seen, valued

Healthy Social Connections boost your:

- ☀️ *Mood (less anxiety/depression)*
- ☀️ *Self-esteem & empathy*
- ☀️ *Immune system*
- ☀️ *Overall well-being*

Try this...

- ☀️ *Volunteer*
- ☀️ *Be present - unplug and engage!*
- ☀️ *Connect with people with **shared interests***



STRENGTHEN YOUR CONNECTION
THANK A TEAM OR COLLEAGUE FOR BEING THERE FOR YOU.



CONNECTION



THE RIGHT YOU!
MIND • BODY • CONNECTION