



SOCIAL



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Connectedness

Relationships are a powerful force in our life. Learn to recognize and utilize your positive, healthy social connections.

Definition:

The way in which two or more people are connected.



Key Takeaways

- As human beings, we need connection to other people.
- The feeling of loneliness takes years off our lives.



Key Habits

- Reach out to others in times of hardship or stress.
- Care for others when you notice they may be struggling.
- Make contact with 1-2 people and talk to them, or plan an activity with them, to build your connectedness.