

Social Connection Challenge

Our social connections can significantly empower our health. Studies show that a strong social support network can help reduce stress and anxiety, enhance self-esteem, and lower the risk for cardiovascular diseases.

As many of us spend more time alone, we sometimes need a refresher on how to maintain a high social connection within our network. For the next 14 days, track how you positively connect with other people in your social network by writing down the person and social connection strategy for each day in your tracker.

Examples of social connection strategies include:

- Virtual hangout (Zoom, Skype, etc.) or text/email/phone call
- Mail a written letter or care package
- Exercise together
- Attend an event (virtually) together
- Explore the outdoors (hike, park, etc.)
- Enjoy a meal together

Source:
health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships

Instructions:

Track how you positively connect with other people in your social network by writing down the person and social connection strategy for each day in your tracker.

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Person														
Strategy														

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