

I AM

CONNECTING

By:

#HealthIsInMyHands

What is connection?

It may look different for every person and may or may not include connection to people; it could also include connection to spiritual or religious practices, connection to a pet, connection to an activity, or connection to a hero (real or fictional). The possibilities are endless.

Why is connection important?

Connection is important in building and fostering resilience. You thrive when you feel connected to something.

How can I foster connections?

- Schedule video calls with people you care about (e.g., virtual coffee or ice cream dates).
- Call someone you haven't talked to in a while.
- Spend time reconnecting to your spiritual practices (e.g., worship, prayer, yoga)