

Strong *relationships,* better *health*

OUR CONNECTIONS TO OTHERS ARE VITAL TO OUR HEALTH. RELATIONSHIPS MAKE PEOPLE HAPPIER. RELATIONSHIPS ALSO LOWER ANXIETY AND DEPRESSION. WONDERING HOW YOU CAN FORM NEW OR STRONGER CONNECTIONS WITH PEOPLE? TRY THESE TIPS:



Be there for others.

Helping others when they need you strengthens your friendships and makes you happy. You can also volunteer, which boosts happiness.

Make time for friendships.

Schedule time to talk to a friend on the phone if you can't get together in person. Don't let the weeks pass by without talking to people you value.

Don't shun technology.

A cell phone or a video call is a great way to connect when in-person meetings can't happen. Online support groups can help you find people who understand your challenges.