



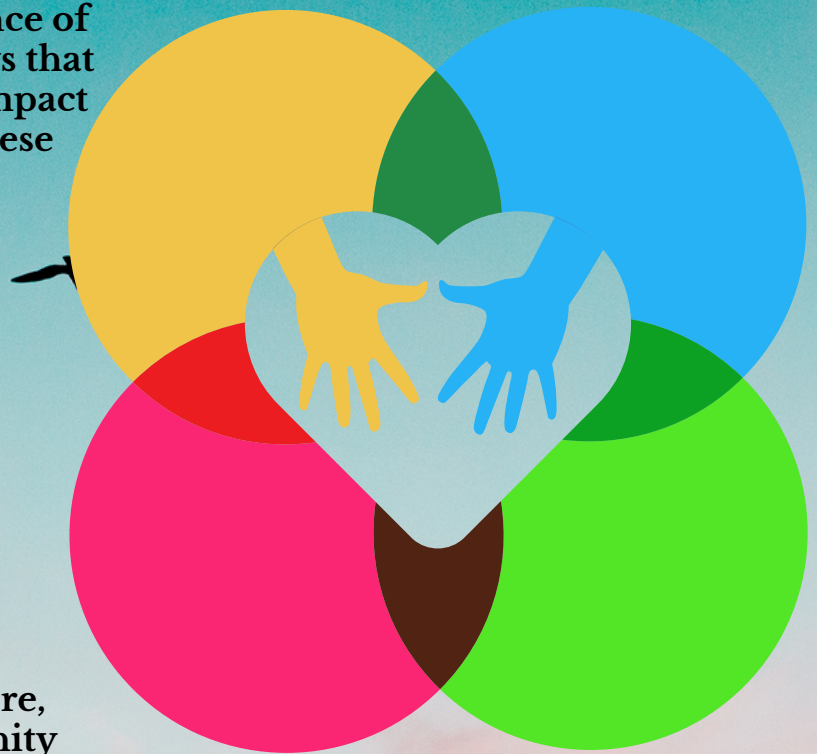
Connection & Belonging

Why connection and belonging?

Many people underestimate the importance of connection and belonging. Research shows that positive social connections have a great impact on our mental health and wellbeing. These impacts include:

- lower rates of depression and anxiety;
- assisting in regulating our emotions;
- higher self esteem and empathy;
- improving our immune system ; and
- increasing resiliency and lowering the negative effects of stress.

Social connections can happen anywhere, including: home, work, school, community groups, faith-based organizations, sports, and volunteering.



Local Supports

Services, Programs and Resources

Ways to Connect

- Smile & make eye contact
- Be authentic
- Share boundaries
- Mindful communication - listen and speak without distraction

"True belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance."

- Brene Brown



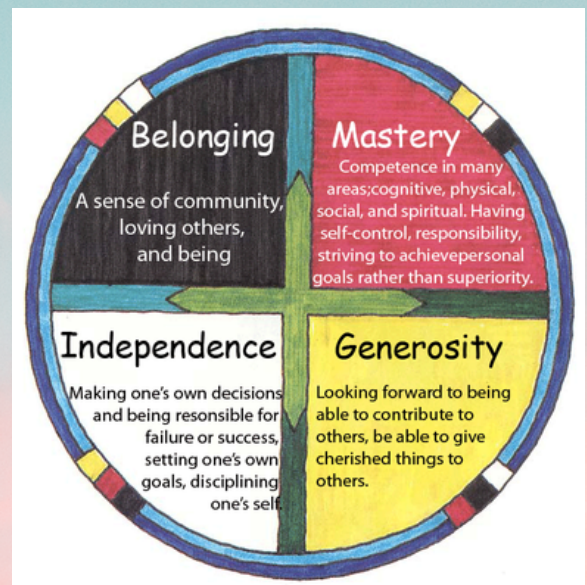
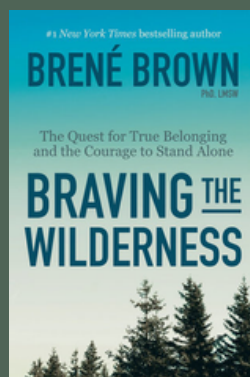
Video Links

A Little Spot of Belonging
Diane Albert

5 Ways to Create Stronger Connections - The Way We Work

Making Connections With Meetings at the Door.

Literature



"Meaningful connection is formed when we bravely share our own truth."
- Michelle Maros