

Connect Intentionally for a Wellness Boost

live**WELL**

- **Less Random, More Regular Dates:** Schedule things like weekly coffee dates, monthly dinners, or even just a phone call every other week.
- **Recurring Events:** Establish recurring social events, such as a weekly game night with friends or a monthly book club.

Prioritize Small, Frequent Interactions:

- **Daily Check-ins:** Send a quick text or message or make a brief call to a friend or family member each day.
- **Social Media:** Use social media wisely to stay connected with people, focus on genuine interaction and avoid excessive scrolling.

Be Mindful of Quality Over Quantity:

- **Deepen Existing Connections:** Focus on nurturing existing relationships rather than simply accumulating new ones.
- **Prioritize Meaningful Interactions:** Engage in conversations that are meaningful and go beyond superficial small talk.

By consistently making an effort to connect with others, you can reap the numerous benefits of strong social bonds, including improved mood, reduced stress, and increased overall well-being.



Lighthouse Employee Assistance Program
Solution focused counseling, referrals, and 24/7 crisis support

Call to schedule an appointment
419-475-5338 or 800-422-5338

