

Employee Assistance Program *Tip Sheet*

Cultivating Meaningful Social Connections for Well-being

Strong social ties and community engagement can help contribute to a sense of connection and belonging. Meaningful relationships and active participation in social groups reduce stress and enhance emotional well-being. While modern life can make it challenging to maintain connections, making an intentional effort can lead to lasting benefits.



The following are some tips to strengthen your connections.

- **Prioritize Relationships:** Set aside regular time for friends, family, and colleagues. Even small check-ins — whether a text, phone call, or coffee meetup — help maintain strong connections.
- **Join Community Groups:** Engaging in activities such as local clubs, sports teams, hobby groups, or faith-based organizations can help you meet people with similar interests and foster a deeper sense of community.
- **Volunteer:** Giving your time to help others not only supports your community but also connects you with individuals who share your values and passions. Look for local charities, mentoring programs, or service projects that align with your interests.
- **Practice Active Engagement:** When interacting with others, be fully present. Listen attentively, ask thoughtful questions, and show genuine interest in their lives. Authentic engagement strengthens bonds and builds trust.
- **Be Open to New Connections:** Expanding your social circle can bring fresh perspectives and experiences. Attend networking events, take a class, or strike up a conversation with a neighbor to create new opportunities for connection.

Strong relationships require effort, but they enrich life in countless ways. If you're struggling with loneliness or are looking for guidance on building deeper connections, your Employee Assistance Program (EAP) is here to help.

Source: American Psychological Association. <https://www.apa.org/topics/stress/manage-social-support>

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