

Stay Connected:

TO IMPROVE OVERALL WELLNESS

Connection and connectedness – to others, to our communities, to our work, to our spirituality – matters a great deal to our overall wellness. Humans are social creatures; it is important for us to interact and feel that we belong. Connection is fostered and maintained in many ways, and several factors have an impact on our connectedness.

Connection can be related to:

- Feeling seen and acknowledged by those around us
- Seeing and acknowledging others that we care about (even if we don't know them)
- Spending quality time with others
- Connecting to those who share interests (through music, support groups, etc.)

Studies have found that a lack of social connection may be a larger disadvantage to physical health than obesity, smoking and high blood pressure; that people with poor social connections may recover more slowly from disease or illness. Having healthy connections and relationships can: improve the immune system; positively impact sleep patterns; decrease cortisol and extend overall lifespan. Connecting and feeling connected are critical to feeling well.

Here are some ways that you can become more connected:

- **Take care of yourself** – managing stress levels can improve your ability to connect
- **Start with existing relationships** – those around you may not know you are feeling disconnected and may not realize you need support, so don't hesitate to reach out
- **Volunteer** - engaging in acts of service and kindness is a great place to demonstrate compassion and a good way to create a sense of connection
- **Join a group** – whether online or in person, spending time with others can feel rewarding and fulfilling
- **Ask for help** – reach out to the EAP for support

The EAP is here for you. Our team of professionals is available to support you in building and maintaining connections. For more information visit EAP4YOU.com or give us a call at 800-327-4968 (800-EAP-4YOU) | TTY: 877-492-7341.