

CULTIVATE RELATIONSHIPS

Through maintaining healthy relationships with others, we fulfill needs for intimacy, social integration, nurturance, assistance, and acceptance. (People with positive, fulfilling relationships are statistically more likely to survive over time than people in poor relationships.) Health related measures such as blood pressure and heart rate can improve with positive social interactions, and helping others can improve mental health and increase happiness.



Tips to Strengthen Social Connections

- Take more care to connect with people you see a lot during the week
- Stay positive when connecting with others
- Share new experiences
- Make and spend time with others
- Be there for those who need you
- Be flexible, supportive, and excited about what others are doing in their lives

Tips for Forming New Social Connections

- Volunteer
- Find local options to connect with others in the community through community resource centers
- Connect with others virtually through online or community groups with other people who share the same interests
- Joining a religious or spiritual group
- Adopt a pet or help out at a local animal shelter to connect with other animal lovers
- Take a course at your local library or community college
- Ask your employer for ways to increase social connections at work

Resources

- [Meetup.com](https://www.meetup.com)
- [Purposebuiltfamilies.com](https://www.purposebuiltfamilies.com)

PROGRESS - Better Version of myself:

You are here and you are committing to progress.

Assess - Evaluate current relationships and social connections and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make healthy relationships a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.