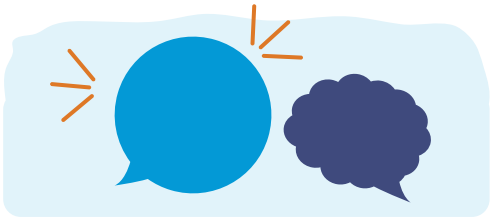
5 Ways to Build STRONGER Connections



Social wellness is about building healthy relationships, feeling connected to others and creating a sense of belonging. Strong connections don't always come from big gestures. Often, they grow through the little things we do every day.

1 Listen With Intention

Sometimes the best way to connect is simply to listen. Give someone your full attention, ask follow-up questions and resist the urge to immediately jump in with your own story. Feeling heard can make a meaningful difference.



2 Make Time to Connect

Relationships need time and attention to grow. Share a meal, grab a cup of coffee, take a walk or spend a few minutes catching up with someone you enjoy. Even a short conversation can strengthen a connection.



3 Ask Meaningful Questions

Move beyond "How are you?" Try asking about someone's interests, experiences or favorite memories. A thoughtful question can lead to a conversation you might never have expected.



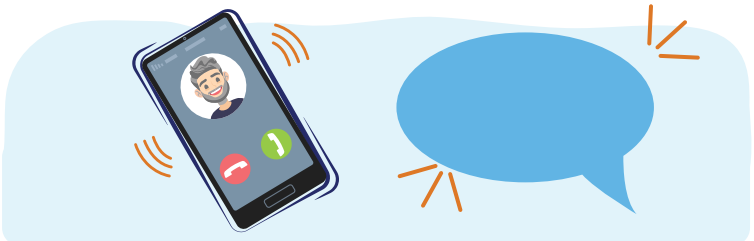
4 Show Your Appreciation

Let people know they matter. Offer a genuine compliment, write a quick thank-you note or tell someone you apprecicxate something they've done. Small expressions of gratitude can go a long way.



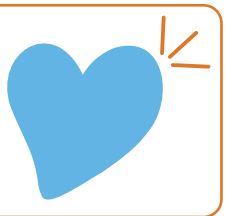
5 Reach Out

Don't always wait for someone else to make the first move. Introduce yourself to someone new, reconnect with an old friend or invite someone to join you for an activity. One simple invitation can open the door to a stronger relationship.



Put it into Practice

Who is one person you can connect with this month?



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