



**Social connectedness is a critical need for our physical and mental health.  
Help yourself and others live better and actually live longer!  
Take the first step**

**Help Others Connect regarding the need to:**

Host a neighborhood block party  
Greet everyone you meet on the trail  
Converse with the maintenance crew  
Bake a few extra cookies for a single or elderly neighbor  
Offer a panhandler a food item and a greeting  
Offer someone who is isolated a ride  
Ask a friend to join you for a walk  
Take food to an injured or grieving acquaintance  
Take an elderly or disabled person for a walk  
Make a “welcome to the neighborhood gift basket” for a newcomer  
Become a parent substitute for a freshman or foreign college student  
Smile and nod at passers-by  
Strike up a conversation with a stranger

**Take A Step to Connect Yourself:**

Re-engage in an activity you remember enjoying  
Walk a dog  
Join a service club  
Call family and friends regularly  
Stop engaging in negative self-talk  
Trust a friend with your true feelings  
Listen without judgement  
Exercise, preferably outdoors, and exercise every day  
Reconnect with an old friend  
Establish a sleep cycle that works for you  
Initiate a conversation with a person you find interesting  
Find a professional to whom you can express your concerns  
Do one thing outside your comfort zone every week  
Adopt a cat, dog, horse, bird...  
Listen openly to someone with whom you don't agree  
Volunteer for a non-profit  
Attend a class  
Establish a weekly social outing with a friend  
Smile, even when you don't feel like it