

# Connect to Thrive

## WHAT IS SOCIAL CONNECTION?



The subjective experience of feeling close to and a sense of belongingness with others.

## THE POWER OF HUMAN CONNECTION

Human Connection is defined as an exchange of positive energy between people. "It is the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship" (Brené Brown, 2010).



IMPROVES OVERALL WELL-BEING



PROVIDES A GREATER SENSE OF MEANING IN LIFE



IMPROVES A PERSON'S RESILIENCE



LOWERS DEPRESSION AND FEELINGS OF ISOLATION



LOWERS PERCEIVED STRESS



LOWERS INFLAMMATION AND RESULTS TO BETTER IMMUNE RESPONSE

"BEING ABLE TO FEEL SAFE WITH OTHER PEOPLE IS PROBABLY THE SINGLE MOST IMPORTANT ASPECT OF MENTAL HEALTH; SAFE CONNECTIONS ARE FUNDAMENTAL TO MEANINGFUL AND SATISFYING LIVES."

BESSEL VAN DER KOLK



For today's well-being focus I'm sharing about the 'power of connectedness'.

Connectedness is something that is often overlooked but a very powerful aspect of one's mental health and well-being.

We all think we know how to take care of ourselves: eat healthily, do regular exercise, get enough sleep, etc etc but how many of us know that connection is just as critical for mental and physical health?

It is a fundamental part of being human in that it's about forming and creating a sense of belonging between people when they feel seen and valued.

During an authentic human connection, people exchange positive energy with one another and build a sense of trust and safety, to be able to fully express oneself and be heard and understood.

There is an inbuilt need for connectedness, and this directly correlates with a person's sense of happiness, contentment and meaning.

Social Researcher Robert Putnam writes:

"The single most common finding from a half-century's research on life satisfaction, not only in the US but around the world, is that happiness is best predicted by the breadth and depth of one's social connections."

It's not about the statistics or number of people, because you can know a lot of people without really and truly being known and still feel alone.

It's also not necessarily about being geographically close to another person either.

It is about the quality of those relationships that promote a shared sense of bonding, values, acceptance, understanding and security.

So why is connectedness so powerful and important?

Because it can lower anxiety and depression and it can help us regulate our emotions.

Positive social connections create a community which can encourage and lift us and challenge us when we need it, to learn and grow. It leads to higher self-esteem and creates deeper empathy between each other and actually improves our immune systems.

Who doesn't want that?

So how do we create authentic connectedness?

Here are some examples:

\*be open to new possibilities and ideas

\*being authentic means **being vulnerable** (as scary as that is, it's the only way to truly connect with those we care about)

\*show your genuine interest in people

\*strive to be of service to others when you can

\*put aside judgement and practice forgiveness

\*be positive and quiet the 'what ifs'

\*avoid blame and make amends

\*practice 'active listening' and ask thoughtful questions

\*be mindful: mindfulness enables you to identify your own strengths and weaknesses, get a handle on stress, and be sensitive to the emotions and needs of others around you more easily.

\*Take care of you : from the inside out, if you make self-care and personal growth a priority in mind, body, and spirit, then you will have more energy and emotional resilience in your interactions with other people.

And when things might get difficult, as they can do in life, let's re-write the script....

"when the going gets tough, the tough get engaged" because people need people!

Above all, just do your best to be your authentic self, laugh more, be mindful, and enjoy connecting! :)

#connecttothrive #selfawareness #authentic #mentalhealthmatters #wellbeingweds  
#plugin

#mindbodysoul #beknown #communitymatters