INVESTING IN
RELATIONSHIPS

Social connection significantly improves the health and wellbeing of all individuals. It can reduce the risk of premature death and it can predict better physical and mental health outcomes and ease stress. Here are some tips for improving your social connections.

1. **Invest time in nurturing your relationships** through consistent, frequent, and high-quality engagement with others.

2. **Minimize distraction** during conversations to increase the quality of time you spend with others.

3. **Seek out opportunities** to serve and support others. Try helping your family, friends, and community members or participating in community service.

4. **Be responsive and supportive and practice gratitude.** Reflect the core values of connection in how you approach others through the actions you take and conversations you have.

5. **Actively engage with people of different backgrounds and experiences** to expand your understanding of and relationships with others.

COMMUNITY RESOURCES

Bellin Health wants to connect you to resources to help you connect and help you live the healthiest life possible.

NAVIGATE life's challenges and plan your next steps with the assistance of a Bellin Health Psychiatric Center professionals, call **920.433.3630** or ask your primary care provider for a referral.

JOIN our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact **wellnessconsultant@bellin.org**.

CONTACT our Bellin Health Lifestyle Medicine team at **lifestylemedicineteam@bellin.org** for more community resources, support, and next steps.

LISTEN NOW on Apple Podcast or Spotify

Real-life solutions for common health and wellbeing challenges.

Search "**Prescription for Life**"

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Real advice for real people to support your mental health.

Search "**Mental Health Moments**"

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RESOURCES
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REGISTER to receive more resources and special event invitations, go to **bellin.org/lifesaver** and click on the "New User Start Here" icon.

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