

# Thriving Through Connection Activity

Nurturing the important relationships in our lives also nurtures our well-being. We all need positive, supportive connections to lead fulfilling lives. Strengthening these relationships can contribute to a greater sense of security, belonging, and happiness. When we feel more connected to our community, we feel more supported and less alone in life's challenges.

Building positive relationships takes time, but with effort, these connections grow stronger. This activity will help you strengthen the relationships you already have and consider new ways to form positive connections with others.



## HOW TO GET STARTED:



### Make Time for Connection

Schedule regular catch-ups with friends, family, or neighbors. Whether it's a quick coffee, a phone call, or a video chat, consistency helps strengthen relationships.



### Practice Active Listening

When connecting with others, focus fully on what they are saying. Show genuine interest by asking questions and offering support. This builds trust and strengthens bonds.



### Be Open to New Experiences

Step out of your comfort zone by joining a new group or taking up a new hobby. Shared experiences often lead to new connections and opportunities for growth.

## BENEFITS OF BUILDING CONNECTIONS:

- ✔ **Boosts Physical Health:** Boosts your immune system, helping you live longer and healthier.
- ✔ **Reduces Stress:** Protects you from the harmful effects of stress.
- ✔ **Increases Self-esteem:** Increases feelings of self-worth and belonging.
- ✔ **Builds Resilience:** Helps prevent loneliness, depression, and other negative emotions.



**Remember** to take time to recharge your social battery, some time alone is also okay, balance is important.

To learn more about the mental health, addiction or community support services available to you, contact **211 Manitoba** by phone at **211** or visit **mb.211.ca** for confidential service 24/7.



# Growing Your Connections Muscle

There are two ways to nurture relationships: either by increasing the number of people you connect with or by improving the quality of your existing relationships.

## Reflect on Your Current Connections.

Take a moment to think about the positive relationships you already have and answer these questions:

1 Who do I connect with now?

2 How do I benefit from connecting with others?

3 What can I do this week to strengthen these connections?

## Consider New Connections You Can Make.

Take a moment to think about new positive connections you'd like to develop and answer these questions:

1 What would a positive new connection look like for me?

2 What activities do I enjoy that could help me meet new people?

3 Where could I meet new people?

4 What steps can I take this week to connect with others?

