

The Power of Connection

Connecting with friends, family and co-workers when you're going through tough times can help ease stress, boost your mood, and make sense of all the change and disruption. While maintaining those connections is so important right now, it may also be a good time to expand your social network.

If you are feeling lonely or isolated, there is a good chance that others are feeling that way too, so be the one to take the initiative and reach out.

Relationships are vital for good mental health and building resilience as we navigate through tough times. That's why building new friendships is not only a way to improve your social network, but it also allows you to strengthen your support system at a time when you need it most.

Listening to each other, showing compassion and smiling enhance the power of human connection, and prioritizing relationships and staying engaged with others during tough times leads to resilience.

