



Self-Care September Begins Next Week!
Have you [registered](#) yet? Don't miss our [Candid Conversations Series](#).



The Importance of SOCIAL CONNECTIONS

Resilience, the ability to bounce back after stressful situations, is strengthened when you give and receive support. Building positive relationships with people can make a difference in how resilient you are. Try to connect with people who have a positive outlook and can make you laugh and help you. The more positive your relationships are, the better you'll be able to face life's challenges.

The support you get from your social connections can add to your feelings of meaning and purpose in life. These, in turn, add to your resilience. Happy, resilient people tend to be more connected to the people around them. Resilient people know that they can depend on the strength of their family and friends when the going gets tough.

Remember that giving support is just as important as getting support. You count on your social connections for support, but they also count on you. Ask others about their families, jobs, and interests, and help them when you can. Don't always focus on your challenges or talk about yourself. Know when it's time to listen or just enjoy your friends' company. Giving support to others builds the social bonds that help make you resilient.

How can you make more social connections?

There are many ways you can start building positive relationships:

- Invite a friend who makes you laugh and go to a funny movie.
- Send an encouraging email or text message to someone who's going through a hard time.
- Look for a faith community that shares your views. It may also have its own organized social groups.
- Call a food bank or hospital and ask about their volunteer programs.

Additional Resources

- [Centers for Disease Control & Prevention](#)
- [INOVA Employee Assistance Program](#) (**username:** prince; **password:** george)



Thank you for participating!

- One Cuisinart Griddler
- One Ninja Smoothie & Food Processing Blender
- One \$100 Gift Card

Here are the winners for August:

- Rodney Davis ~ Department of Corrections
- Carolyn Brosch ~ County Council
- Marian Thomas ~ Office of Finance

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