

# The Resiliency Project

## May 8 Homework



## Develop Strong Social Connections

**As part of today's program, we recommended you use one or more of the following proven techniques for building strong social connections:**

### **To Maintain Your Current Connections-**

- Make staying in touch with those you care about a "Must Do" item on your daily "To Do" List.
- Focus on building high-quality, meaningful relationships by being responsive and supportive. To have a friend, you must be a friend.
- Address any conflicts or negative feelings in your relationships promptly.
- Avoid letting technology replace in-person interactions and relationships.

### **To Expand Your Network of Connections-**

- Join a group, club, or class related to an interest or hobby (books, art, sports, etc.).
- Volunteer with a local organization to meet people who share your interests.
- Participate in work-related social events or strike up conversations with colleagues.
- Use online platforms like Meetup or Bumble BFF to connect with new people.
- Ask your existing friends to introduce you to their friends.

### **Your homework assignment is to-**

- Pick one of these techniques that you would be willing to commit to making a habit by practicing it at least once a day, every day, between now and our next session.
- Record the impact it had on you. Did the new habit improve your life and, if so, how and to what extent?

**Please be prepared to share your results at our next session. See you June 12 for our session on *Practicing Mindfulness and Self-Reflection*.**

