

The Resiliency Project Session 5



Today...

- Why connections are vital
- How they're forged/maintained
- Practical tips for busy people
- The best use of social media
- Preview our next session



Let's Review!









S = Sleep

E = Exercise

L = Leisure

F = Food

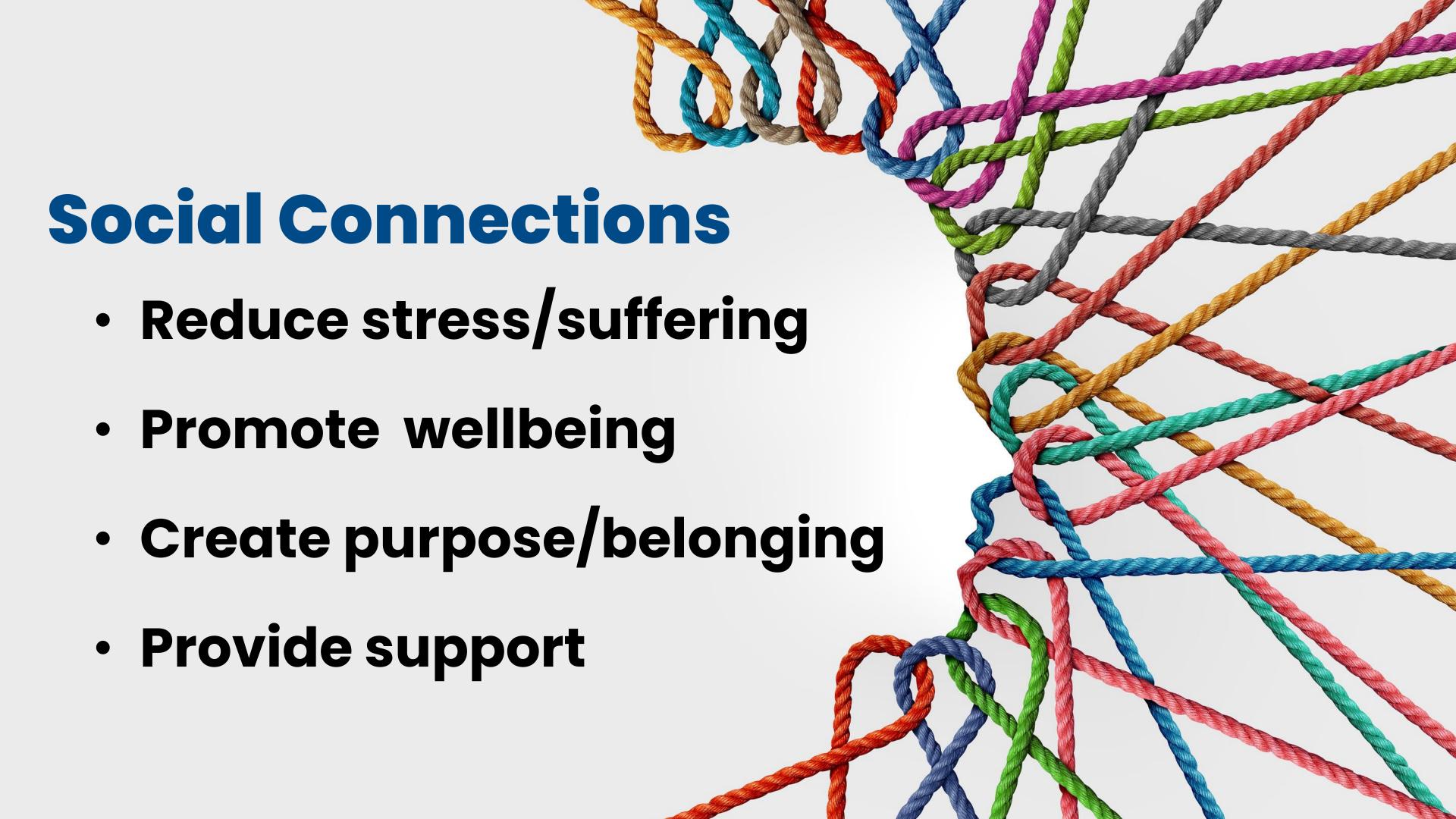


Create a Self-Care Habit



Strong Social Connections





How to Create Strong Social Connections







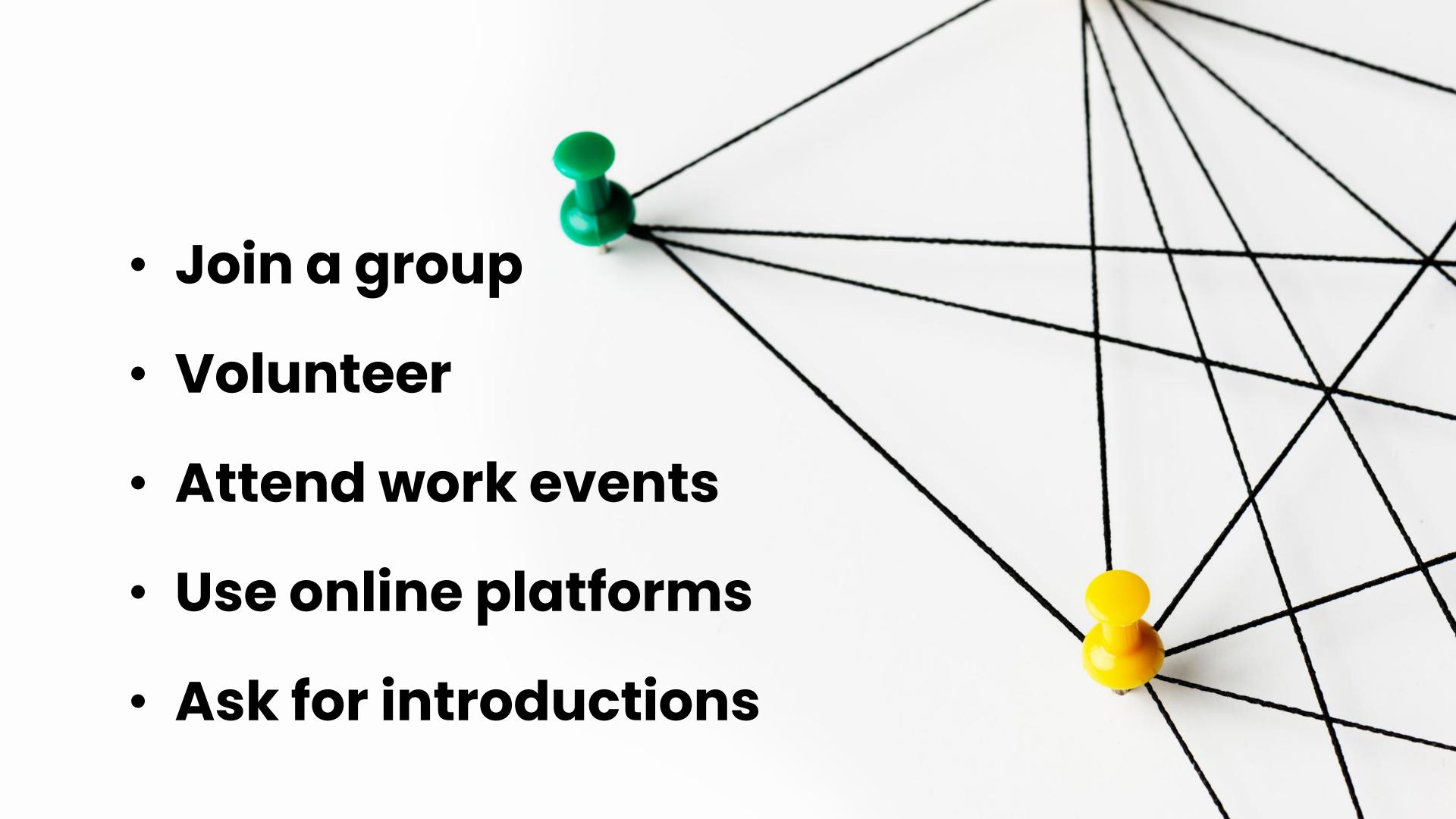
Tips for Busy People





How to Expand Your Network





Making the Best Use of Social Media







Additional Resources



- Crucial Conversations by Joseph Grenny
- · Hold Me Tight by Dr. Sue Johnson
- How to Talk to Anyone by Leil Lowndes
- · Platonic by Dr. Marisa Franco



Q&A



Homework































Next Month

Mindfulness & Self-Reflection





Best Care EAP Can Help!