



Making social connections and friendships

Good friends can be good for your health. Healthy friendships:¹

- **Elevate your mood.** Spending time with happy and positive people can boost your outlook.
- **Help you to reach your goals.** Whether you're trying to get fit, give up smoking, or otherwise improve your life, a supportive friend can increase your willpower and chances of success.
- **Reduce stress and depression.** An active social life can bolster your immune system and help reduce isolation.
- **Get you through tough times.** A solid support system can help you cope with serious illness, the loss of a loved one, or any other challenges in life.
- **Boost your self-worth.** Being there for friends in need can provide a sense of purpose.



Wellness Webinar Series

Learn about making social connections and friendships.

September 15, 2020

10:00 AM, 12:30 PM and 4:30 PM, ET

<http://go.activehealth.com/wellness-webinars>

1. Help Guide, "Making Good Friends", Lawrence Robinson, Anne Artley, Melinda Smith, M.A., and Jeanne Segal, Ph.D., June 2019, <https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm>



Coach Lindsey
MCHES, RD, LD

Coach's corner

As a Registered Dietitian and wellness coach, Lindsey loves teaching others about health, so they can feel their best mentally and physically. She strives to make living a healthy lifestyle achievable for all people, in all stages of life.

Lindsey's well-being tips:

"I love that my electronic devices allow me to connect to the world quickly and easily. But, sometimes, the ease of connecting with others outside of my house causes me to miss out on spending quality time with my family. So, I like to choose a few nights a week to turn off the computers, smartphones and TV. Instead of spending time on our devices we like to play card games, make a recipe together or go bowling. It's great family time together!"



Southwestern Salad with Black Beans

Beans, sweet corn and tomatoes top this Mexican-inspired salad. Find more healthy recipes at:

MyActiveHealth.com/betteryoubetterohio > Library > Healthy Recipes.



2. Help Guide, "How to Meet New People", Lawrence Robinson, Anne Artley, Melinda Smith, M.A., and Jeanne Segal, Ph.D., June 2019, <https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm>

New ways to meet new people

To meet new people, it's important to be open to different experiences and to go outside your social circle. However, in this time of social distancing, meeting new people can be challenging.

Here are a few ways you can go safely beyond your regular social circle:²

Be a part of new virtual groups and events.

Try an online book club or support a community event. It's a great way to meet people with common interests.

Attend an outdoor exercise class such as yoga or CrossFit. You can still be social while you practice social distancing.

Walk a dog. Dog owners often stop and chat while their dogs meet each other. If you can't adopt a dog, volunteer to walk dogs from a shelter or a local rescue group.

Use social media. While spending too much time online can make people feel isolated, it can also be a helpful tool. Use Facebook Groups to help you find local people to connect with who share similar interests.

Don't forget to reconnect with family and friends. Use video chat to have a trivia night, play bingo or celebrate birthdays and holidays.

Scan the QRC code below!

