



# Cultivating Happiness through Social Connection

Although there is a lot of research linking happiness and social connections, we don't always prioritize our relationships in the midst of our busy lives.

No matter how happy you are in your life, everyone can benefit from cultivating deeper relationships, building stronger connections and growing their social networks.

## But where do you start?

The Greater Good Science Center at the University of California at Berkeley has created a list of action items to help you cultivate happiness through social connection.

Take time in the upcoming week to see how many of the following suggestions that you can put into practice!

- **Visualize what an ideal relationship or friendship would look like**

Take the time to think about or write out what kind of friend or partner you are looking for, be specific about the type of characteristics you desire or value in a relationship. By doing this, you will have a better idea of what to look for - and what to avoid.

Date: \_\_\_\_\_ How did you feel? \_\_\_\_\_

- **Be a good listener**

Connect better with people by showing empathy and understanding to their stories, hardships and passions.

Date: \_\_\_\_\_ How did you feel? \_\_\_\_\_

- **Practice gratitude**

Appreciate all of the social connections you have today, as well as those in the past that may have had an influence on your life.

Date: \_\_\_\_\_ How did you feel? \_\_\_\_\_

Submit your skill builder to [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org) by June 10 to receive a prize!

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Wellness Ambassador: \_\_\_\_\_

