

Foundations of Social Connection, Fulfillment, and Belonging

Connection Shapes Your Health

The people in your life influence your motivation, your routines, your purpose, and the amount of joy you experience day to day. Social connection is not optional for health. It is part of the foundation.

What Healthy Connection Looks Like: Different forms of connection support different parts of your well-being.

- 1 Supportive Relationships:** People who understand your goals, celebrate progress, and offer encouragement when needed.
- 2 Purposeful Roles:** Mentoring, helping, contributing, or being a steady presence for others builds a sense of meaning.
- 3 Joyful Interactions:** Friends, partners, coworkers, hobbies, group activities, and shared experiences that add lightness to your routine.
- 4 Belonging:** Feeling like you are part of a community, group, or circle that values you. This may be large or small.



PUBLIC WELLNESS PROJECT

Some routines/habits that serve as tools for success with social connection, fulfillment, and belonging:

- . Hobbies or creative activities (e.g., art, music, crafts)
- . Volunteering or helping others
- . Quality time with friends or family
- . Spiritual or faith-based practices (e.g., prayer, meditation)
- . Participating in groups, clubs, teams, or communities
- . Working toward personal goals or projects
- . Journaling or self-reflection about values and purpose
- . Work or daily tasks that feel meaningful
- . Reaching out to others regularly (texts, calls, visits)

These practices build emotional stability and a sense of identity.



Big Picture Insight

People thrive when they feel supported. A foundation of connection makes every health behavior more sustainable.