

Connecting with your community

Be yourself
- don't trade
authenticity for
approval.

Listen with
the intent of
understanding,
not the intent of
replying.

Smile, it's the
same in every
language.

**Make time for
those you value**
- it's not about
having time it's
about making time.

Be present
- focus on the
moment and take
notice.

Diet and exercise are important for a long and healthy life, and whilst we may pay attention to the number of fruits and vegetables we eat every day, do we pay attention to the quality of the social connections we have?

We all need social connection whether at home, in your community or at work. People with strong and varied relationships are happier, healthier and live longer. So get out there and connect with your community!