

Life, Health and You



The Power of Social Connections

What it means

Social connection is about the people who make up your world — your friends, family, coworkers, and neighbors — and the quality of those relationships. It includes the size and variety of your social circle, the roles you play in one another's lives, and how those connections make you feel.

Why it matters

Having strong, positive relationships doesn't just make life more enjoyable — it can also make it healthier. Research shows that social connection can help people live longer and reduce the risk of serious conditions. Being socially connected can:

- Help you manage stress, anxiety, and depression
- Support healthy habits like eating well and staying active
- Improve your quality of sleep
- Boost overall happiness and well-being

How it works

People are naturally social creatures. We need connection to thrive. Supportive relationships — whether with loved ones, friends, coworkers, or neighbors — help us handle life's challenges and encourage healthy choices for both body and mind. Our connections give us:

- **Emotional support** — people we can lean on in both good times and hard times.
- **Practical help** — like a ride to the doctor, a hand with groceries, or childcare when we're in a pinch.

Community connections

It's not just our personal relationships that matter — our communities play a big role, too. When neighborhoods, schools, workplaces, and other public spaces are welcoming and supportive, they help people feel safe and connected.

When people feel connected — both personally and within their communities — everyone benefits. We feel healthier, more supported, and more resilient together.

Helping Others

Helping others, even in small ways, boosts your mood, spreads kindness, and gives you a sense of purpose. Consider these tips for helping others—and yourself:

- Calling a friend to see how they're doing
- Bringing a loved one a snack
- Letting a car in front of you on the highway
- Smiling at a stranger
- Holding the elevator door for your coworker

Making your “random” acts of kindness consistent can also help you and the people around you. Try doing one small thing on a regular basis to make someone else's life better.

Of course you should also be aware of taking on too much. Be sure to take care of yourself as you take care of others.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

November is [Lung Cancer Awareness](#) month to identify and reduce risk factors.

November is also [National Healthy Skin Month](#) to focus on maintaining healthy skin and reducing the risks of skin cancers.

November 2-8 is [National Diabetes Education Week](#) which highlights education to reduce risks and manage living with diabetes.

Mental Health Minute



Being Kind to Yourself

If you're having a hard time, celebrate the small steps. Even getting up and caring for yourself is worth acknowledging.

Let go of comparison and remember — you are enough.

- Prioritize some 'me' time, so you can relax and think about how you're feeling and how your day or week has been so far
- Tune out of your social media channels for a day, or even a week
- Treat yourself to something. It doesn't have to be a big thing. Remember, good things come in small packages
- Do something you enjoy, like listening to a favorite song or dancing in your kitchen
- Spend some time with nature. It's great for our mental health

LIVE MONTHLY WEBINAR:

Best Practices for Supporting Others

Date: 11/12/2025 | Time: 11:30 PM to 12:30 PM MST

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