

Social Connection





Feel like you may be low on social connection?

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Social connection has more to do with your internal and subjective feeling of connection

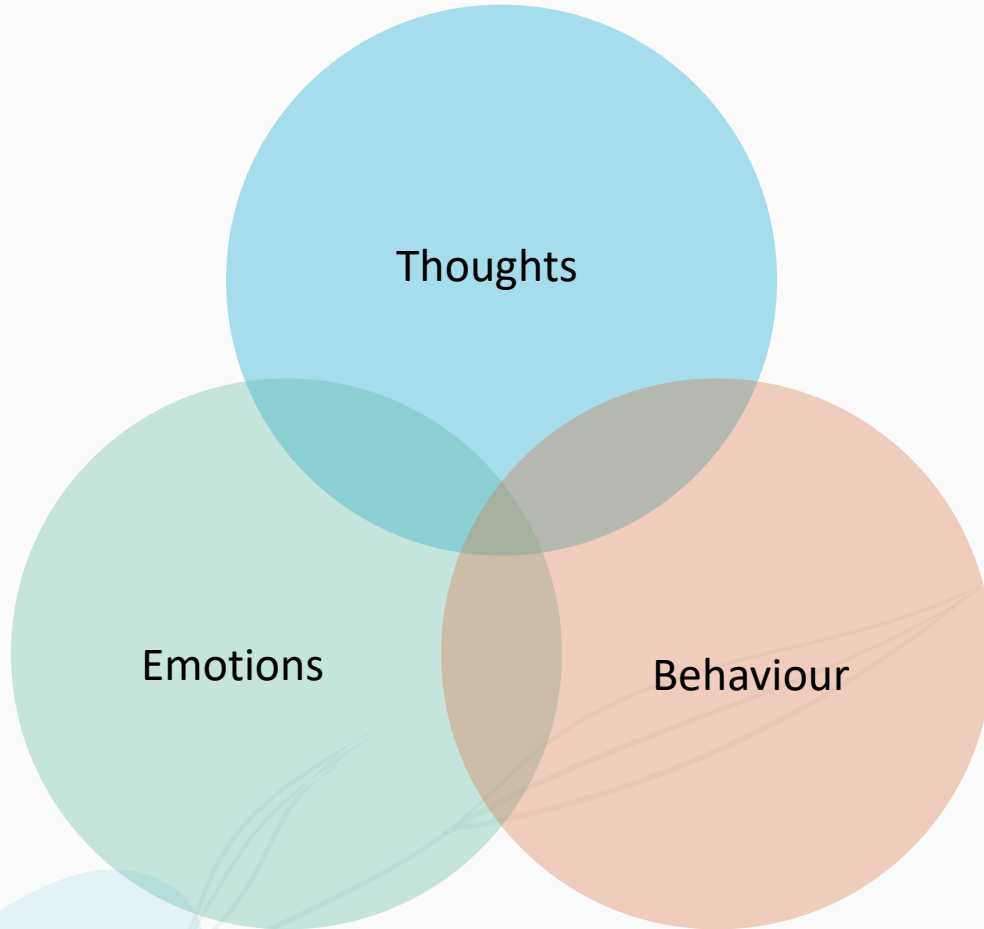
We can foster, nurture and build our internal sense of connection

- ✓ Micro-moments of connection – positivity resonance
- ✓ Say hello and thank people
- ✓ Pick up a conversation
- ✓ Recreate previous connections





Connection...



There is a connection between thoughts, emotions and behaviour
If we have a particular kind of thought/thoughts about ourselves – It can influence how we feel (emotions) and in turn change our behaviour



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Tips to Foster Social Connection – Random Acts of Kindness

- Giving your best self to others without requests or promise of return on investment
- Data on over 198,000 participants found a link between good deeds and good health
- Random acts of kindness leads to people forming more social connections
- Experience a sense of awe
- Benefits of oxytocin
- Feels calmer
- Increased feelings of self-worth
- Reduction of stressors



Normalising the Conversation

- There can be a sense of shame around being lonely
- As if it indicates something to do with our strength of character - a reflection of us as people
- Nothing to be ashamed about - by focusing on the shame piece, you are blocking your way to tackling the situation
- It is ok to acknowledge that you feel lonely





Review

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01 The importance of social connection

The positive and negative effects

02 Feel like you may be low on connection

It's all subjective – tips and tools

03 Supporting others who may be struggling

Conversation tips and tools to support others

04 Bite size tips

- ✓ Empathy,
- ✓ Random acts of kindness,
- ✓ Review and grow
- ✓ Workplace Connection
- ✓ It's good to sync
- ✓ Nostalgia