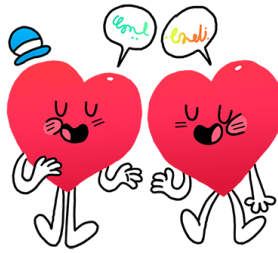


From: Your School Psychologist



Benefits of Social Connection

Winter break is a time that many families and friends gather. Social connectedness is important for our overall mental health and the mental health of our students. Positive social relationships help support resilience and lower levels of anxiety and depression. Here are some ways to promote and maintain positive social connections.

- How can I support my student or child's social connections?
 - Encourage participation in clubs, sports, or activities.
 - Express gratitude to others.
 - Model good relationships.
 - Spend time together. Enjoy a meal or activity together.
 - Monitor your child's social media use & promote in-person social connections.
- What can students do?
 - Listen to a friend's problem.
 - Volunteer for a project or organization.
 - Make a new friend.
 - Spend time with friends or family outside.
 - Be aware of peer pressure.

Spend time with others during this Winter break!

Resources:

Centers for Disease Control and Prevention. (2023, March 30). *Ways to improve social connectedness*. <https://www.cdc.gov/emotional-wellbeing/social-connectedness/ways-to-improve.htm>

Centers for Disease Control and Prevention. (2023, March 30). *How does social connectedness affect health*. <https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm#:~:text=Research%20shows%20that%20social%20connectedness,%2C%20and%20improved%20well%2Dbeing.&text=Social%20connectedness%20is%20the%20degree,for%2C%20valued%2C%20and%20supported>.

Office of the U.S. Surgeon General. (n.d.) *What is the importance of social connection in children*. <https://www.hhs.gov/sites/default/files/sg-social-connection-parents-and-caregivers.pdf>