



Overview of the activity

Ready to feel more connected, uplifted, and alive? Over the next 7 days, your mission is simple—but powerful: create one genuine social connection each day. It doesn't have to be grand or time-consuming—just real.



Why do this?

We are social animals. Our need for connection isn't just a personal quirk—it's wired into us, biologically and evolutionarily. We're not only *individuals* who crave connection; we're a *species* built on it. For thousands of years, human survival has depended on our ability to connect, communicate, and collaborate. From ancient tribes to modern cities, our greatest strengths have always come from working together. And even today, the power of strong social bonds is everywhere helping us thrive, solve problems, and feel like we belong. Researchers are clear on one thing: social connection isn't just good for your mood—it's good for your health. Strong relationships can actually help you live longer and stay healthier. On the flip side, feeling disconnected or isolated has been linked to a higher risk of serious health problems, including heart disease, stroke, anxiety, depression, and even dementia. In fact, loneliness and social isolation can be as harmful to your health as smoking or obesity—significantly increasing the risk of early death. So, let's make connection a daily wellbeing habit.





Instructions

Exercise 1: Daily 5-minute Dose of Connection

Each day, look for an opportunity to connect with someone new or someone you don't usually engage with. It could be:

- 👤 Starting a friendly chat with someone on public transport
- 👤 Asking a coworker how their day is going—*and really listening!*
- 👤 Taking time to talk to a neighbour or the person who serves you coffee.

These small moments can spark big feelings of belonging.

Exercise 2: One Hour Deep Dive

At least once this week, go beyond the quick exchanges. Make space for a more meaningful connection.

- 👤 Call a long-distance friend
- 👤 Meet a family member for coffee.
- 👤 Write a thoughtful message to someone you haven't spoken to in a while

The goal: **truly connect**—no distractions, no rushing

Remember: It's not about quantity—it's about presence. A few minutes of genuine connection can shift your whole day. So, get out there and start building those human bridges—one conversation at a time.

