



Participant Guide

Healthy Connections: Rebuilding Community in a Disconnected World

Rebuilding Community in Everyday Life

- Shop local, support local businesses
- Volunteer with causes that matter to you
- Respond to others with presence & care
- Practice mindfulness
- Communicate openly & consistently
- Create 'Third Spaces' for yourself



Personal Habits & Reflection

- When did you last connect in person with someone outside your home/workplace?
- Do you rely on social media more than phone calls or meetups?
- Are you present when physically with others?
- What's one connection you'd like to strengthen?



Exercise

Poll #3

What's one area where you want to rebuild connection first?

- Work relationships
- Personal relationships
- Community/3rd Spaces
- Self-connection



Personal Connection Challenge

Say "Hello" to one new person each week

Notice how it feels. What shifts?



Strategies to Build Community

WORK Strategies

- Create daily routine, incorporate social engagement
- Schedule on-line working sessions with other colleagues
- Use virtual tools: Slack, Teams, Zoom
- Cultivate online communities
- Virtual coffee breaks at specific time with others
- Peer groups based on different interests

Personal Strategies

- Build into your schedule time to connect with colleagues, check in, chat, create virtual water cooler conversations
- Use tools like Slack, Teams, Zoom, Chat to connect visually with co-workers; interest-based Chat Channels - cooking, books
- Cultivate relationships in LinkedIn, Facebook, Alignable, and other groups to forge friendships

Quick Wins (Small, Daily Practices)

- Send a friendly message to a colleague you haven't spoken to in a while
- Use voice memos instead of texts to create warmer communication
- Call someone and have an actual, spontaneous conversation

HOME Strategies

- Take a class: pottery, painting, writing, yoga, cycling
- Host or attend local gatherings
- Invite neighbor over for coffee
- Participate in local community events
- Join a Meet-Up group or Eventbrite event
- Nurture relationships outside of work
- Reconnect with friends or colleagues
- Volunteer at local charitable events
- Get involved at your spiritual center

Personal Strategies

- Nurture "live" relationships with neighbors, family, friends, spiritual center community, meet-up groups.
- Use time you would have spent commuting engaging in more social activities, such as breakfast socials, after-work networking events
- Focus on your physical, emotional, and cognitive health: engage in hobbies, interests; journal, meditate, pamper yourself
- Practice Self-Care: get a massage, go on a retreat, cook healthy meals, exercise regularly, do things that make you smile

Quick Wins (Small, Daily Practices)

- Say hello to a neighbor when walking your dog
- Join a fitness class instead of working out alone
- Drop into a coffee shop
- Take yourself out on a date
- Re-engage in your community

Call 800.344.4222 or visit employees.concernhealth.com



Healthy Connections

More Tips to Rebuild Community



Notice What Nourishes (and What Drains)

- Pay attention to how different interactions affect your energy.
- Example: Do you feel more grounded after a walk with a friend—or more anxious after scrolling social media?
- Track what leaves you feeling seen, heard, or valued.

Shift the Balance

- Reduce isolating habits:
 - Replace passive scrolling with a quick call or voice message.
 - Add a personal check-in to your team's agenda.
- Add connection buffers
 - Pair hard tasks with uplifting rituals—like a walk or shared lunch.

Reconnect with Intention

- Schedule connection like any priority.
 - Weekly call with a friend.
 - Shared meals or rituals.
 - Join a group or class that aligns with your values.

Make Space for Real Talk

- Share when you're feeling disconnected
"I've been missing real conversation lately—want to catch up?"

Rebuild Community, One Moment at a Time

- Support local businesses and greet familiar faces.
- Volunteer with causes that matter to you.
- Join or start a group around shared interests.
- Be consistent—small gestures build trust over time.



PRO TIP

Connection doesn't have to be grand to be meaningful.

Wave at your neighbor. Compliment someone's socks. Send a meme to a friend who gets your humor. Small gestures count—and they often open the door to something more.

Connection is a human need, not a luxury. Whether at work or in life, rebuilding community starts with small, intentional acts—moment of presence, kindness, and care that remind us we belong.

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Options for Learning
New Skills & Changing Habits



**OurRelationship
Online Program**

Designed to uncover, understand, and solve relationship issues, at your own pace or guided by a program coach



**Personal
Coaching**

Tailored, actionable strategies to achieve personal wellbeing and professional development goals



**Financial
Coaching**

Money coach helps with money management, tax basics, investing, retirement planning, and building credit

Interested in learning new skills?

OurRelationship is an inclusive online resource that helps couples strengthen their connection, at their own pace or guided by a program coach.

Personal Coaching with a skilled coach includes actionable strategies to help you achieve personal wellbeing and professional development goals.

Financial Coaching. A Money Coach helps with topics like tax basics, money management, establishing credit, debt reduction, and more!

OurRelationship Your online relationship resource

Inclusive online program designed to uncover, understand, and solve relationship challenges at your own pace or guided by a program coach

- Proven solution for all couples and individuals wanting to strengthen their relationships
- Backed by 10+ years federally-funded research
- Adapted to specific issues, stressors, and communication patterns
- Improve communication skills, regain intimacy, build trust
- 8-10 hours of tailored content/4-6 weeks to complete



OurRelationship is a proven, online, program backed by over a decade of research and designed for real-life challenges. It's available to all couples and individuals who want to strengthen their relationship, with the option to proceed at their own pace or be guided by a program coach.

Sources

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- **Psychological Safety in the Workplace**
[Harvard Business Review – Psychological safety research by Amy Edmondson](#)
[Amy Edmondson – Psychological Safety resource hub](#)

Questions? Comments

Thank you!

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>