

STRONGER BONDS, BETTER WELL-BEING

Deadlines, notifications, and to-do lists can quickly cause us to lose sight of one of the most important contributors to our health and happiness: Relationships. Meaningful connections with others provide support during difficult times, help us celebrate successes, and contribute to a greater sense of purpose and belonging.



WHY RELATIONSHIPS MATTER FOR WELL-BEING

This month, we invite you to focus on reconnecting with what matters by strengthening relationships and recognizing the importance of caring for ourselves as much as we do for others.

More than just making us feel good, strong social connections can significantly affect our physical and mental health. Positive relationships can:

- Reduce feelings of stress, anxiety, and loneliness
- Boost resilience
- Improve self-esteem
- Encourage healthy habits
- Create a sense of togetherness and purpose

REFLECTION

Think about the people who bring support, encouragement, and joy to your life. When was the last time you intentionally connected with them?



WAYS TO CONNECT

Building stronger relationships doesn't always require a major commitment. Simple gestures can be significant.

Schedule bonding time

Set aside time with family and friends and treat it just as you would an important appointment. Consider:

- A weekly dinner
- A monthly coffee date
- A recurring video call with those who live far away

Be fully present

Even brief interactions can be meaningful when we give someone our undivided attention.

- Put away distractions
- Ask open-ended questions
- Focus on understanding rather than responding

Create intentional routines

Small traditions like these can foster more connection:

- Evening walks
- Family game nights
- Mid-week check-in calls

BEWARE OF CAREGIVER FATIGUE

For many of us, a significant portion of our interactions come in the form of caregiving — for children, older loved ones, or both. While being there for others is rewarding, it can also be emotionally and physically demanding.

What to watch for

- Persistent exhaustion
- Increased stress or irritability
- Difficulty concentrating
- Changes in sleep or appetite
- Feeling overwhelmed or emotionally drained

What to do

- Check in with yourself
- Set boundaries
- Ask for and accept help
- Prioritize self-care

Live Webinar

TOOLS for TODAY

Wednesday, October 14, 2026

1-2 p.m. E.T.

REGISTER



Life feels easier when your mind and body work together. This webinar highlights everyday habits that boost your well-being, including mindfulness, nutrition, sleep routines, social connection, and self-care. We'll also outline small changes that can make a meaningful difference and offer realistic strategies you can start using right away to feel more grounded, energized, and fulfilled.



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