



THURSDAY

CONNECT: Social Well-Being

Let's Try A Few Well-Being Social Prescriptions To Connect



**WELL-BEING
WEEK
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RECIPES FOR CONNECTION: **SHARE A MEAL WITH SOMEONE TODAY**

Connect with people over food today. It can be as simple as coffee with a colleague or as celebratory as a fun dinner with your team. This “social prescription” builds on the U.S. Surgeon General’s Recipes for Connection campaign, which highlights the power of social bonding during mealtime in combating loneliness. Resources to help you plan a meaningful gathering are on the WWIL website.



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SEND A QUICK GRATITUDE NOTE TO TELL OTHERS THEY MATTER



Take a few moments today to show others that they matter, are valued, and belong. We suggest sending 3 notes of appreciation to colleagues, clients, friends, or family members. To make it easy, you can use IWIL's free e-message tool, available on the WWIL website.



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CONNECT WITH OTHERS ACROSS DIFFERENCE: SEEK DISCOMFORT FOR PERSONAL GROWTH

When confronted with perspectives that conflict with your own, don't bail out: Recognize that your feelings of discomfort are a sign of personal growth.



The quality of our relationships suffers when we avoid people with whom we think we disagree or close our minds to different perspectives. According to recent research, reframing mental discomfort as growth when facing opposing perspectives can help us persist and stay engaged.

