

Connect



Connect by being emotionally available for others and by reaching out when you need someone to be available for you. You may find support through a friend, family member, or another like-minded individual. You can connect with others through conversation, common interests, or just sitting quietly together. You can connect by talking to a friend, neighbor, or coworkers, smiling at a stranger, or a heart-to-heart conversation with someone you care about. Connection provides support and motivation. Providing and receiving empathy, encouragement, and validation is very important for emotional wellness.



Here are some ideas for connecting:

- Give support.
- Get support.
- Put away the phone when you're together in person.
- Share an inspirational message.
- Connect with one person who supports your wellness



Take your Wellness Pulse: <https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/>

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu