

We Are Made to Connect

5-for-5 Connection Challenge



Take this challenge to improve your social health!

Through the 5-for-5 Challenge, you will take simple but powerful actions to build and strengthen your relationships and inspire others to incorporate connection as a daily part of their lives.

Instructions:

- 1 Commit to connect**
Pick 5 actions & 5 days in a row to connect with people in your life.
- 2 Connect each day for 5 days**
Each day take 1 simple action of your choice to express gratitude, offer support or ask for help.
- 3 Reflect and Share**
How did connecting make you feel? Share your experience and invite 3 people to take the challenge.

Did you know?

Taking simple actions to improve your social health can foster better social connection, which is associated with improved heart and brain health, protection against depression and anxiety, and even lowered risk of premature death.

Learn about the Surgeon General's Social Connection Priority:
[SurgeonGeneral.gov/Connection](https://www.surgeongeneral.gov/Connection)

5 Actions for 5 Days

Need inspiration for your 5 actions? Here are a few examples:

Express Gratitude

Express gratitude for the positive relationships in your life. Thank a friend, mentor, co-worker, or loved one for their impact on your life.

- Call, text, or send a note: tell someone you're grateful they're in your life!
- Compliment someone who deserves recognition.
- Thank someone for a specific time they helped you.

Offer Support

Give support through acts of service, pay it forward, or give the gift of time to someone you care about - whether it means doing something with them or something for them.

- Check-in with someone and let them know you're there.
- Offer to help someone with daily tasks.
- Volunteer with a local organization that's important to you.

Ask for or Accept Help

Receive support by asking for help, accepting the help, and leaning on your support system.

- Let someone know you're having a hard time.
- Tell a loved one how they can better support you.
- Reach out for professional mental health support, like calling 988.

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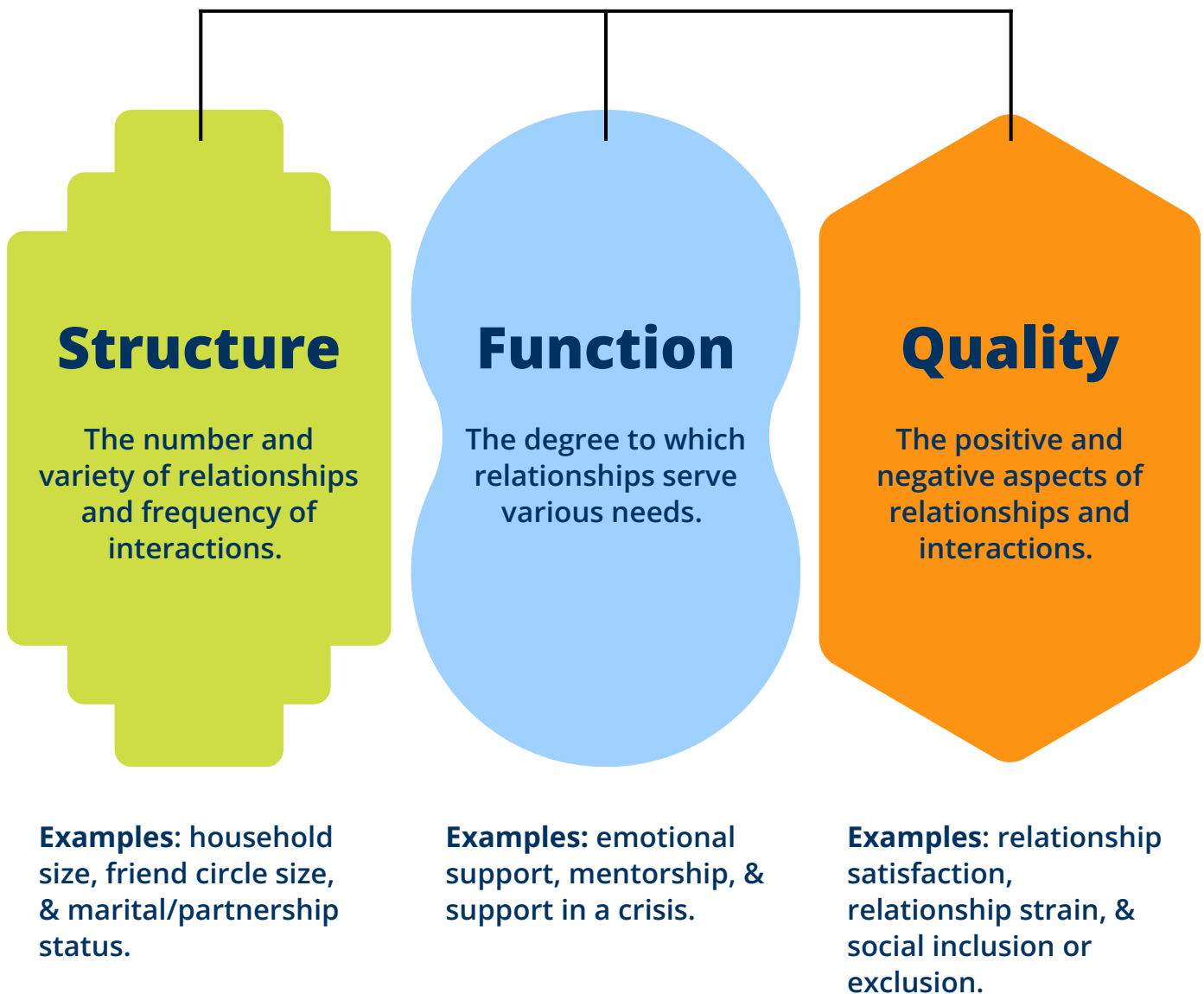
Use This Space to Plan for and Reflect on Your 5-for-5 Challenge Experience

	How I plan to connect	How the connection made me feel
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

Find more social health resources at:
uhs.berkeley.edu/socialhealth

The Three Vital Components of Social Connection

The extent to which an individual is socially connected depends on multiple factors, including:



Source: Holt-Lunstad J. Why Social Relationships Are Important for Physical Health: A Systems Approach to Understanding and Modifying Risk and Protection. *Annu Rev Psychol.* 2018;69:437-458.

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