# SOCIAL CONNECTIONS

## Evidence-based exercises to increase your social connectedness

Here are some specific, science-based activities for cultivating connection from various sources, including the Greater Good in Action website*:

- How can you work with a group of people towards a common goal?
- Best Possible Self for Relationships: What would your ideal relationships would look like? Use this exercise as a first step toward cultivating them
- Capitalizing on Positive Events: How can you show interest, enthusiasm, and positivity about someone's good news?
- Active Listening: Connect with someone by tuning in to what they're saying and showing empathy and understanding.
- Mental Subtraction of Relationships: Learn to appreciate a loved one more by imagining your life without them.
- Gift of Time: Invest in your relationships by spending quality time with people you care about.
- 36 Questions for Increasing Closeness: Have a great conversation with a friend, family member, or romantic partner.
- Avoiding the "Four Horsemen" in Relationships: Prevent relationship doom by replacing toxic conflict behaviours with constructive ones.
- Social connections are tied up with other keys to well-being.
  Cultivating gratitude, empathy, altruism, compassion, and forgiveness will not only enhance your personal well-being but also benefit your relationships at work and at home. Here are some more tips for having healthier social connections.
- Meditate with someone: It could help you feel more social closeness and be more open with others.
- Figure out your attachment style: If you have commitment, trust, or attachment issues, you could significantly improve your relationships by understanding your attachment style and trying to develop a "secure" one.
- Listen to music together: Singing and listening to music raise our oxytocin levels, and research suggests that families and peer groups are more cohesive if they listen to music together.
- Practice the art of "hygge": the Danish concept of cosy, warm, drama-free time together, which might explain why Denmark often ranks among the happiest countries in the world.