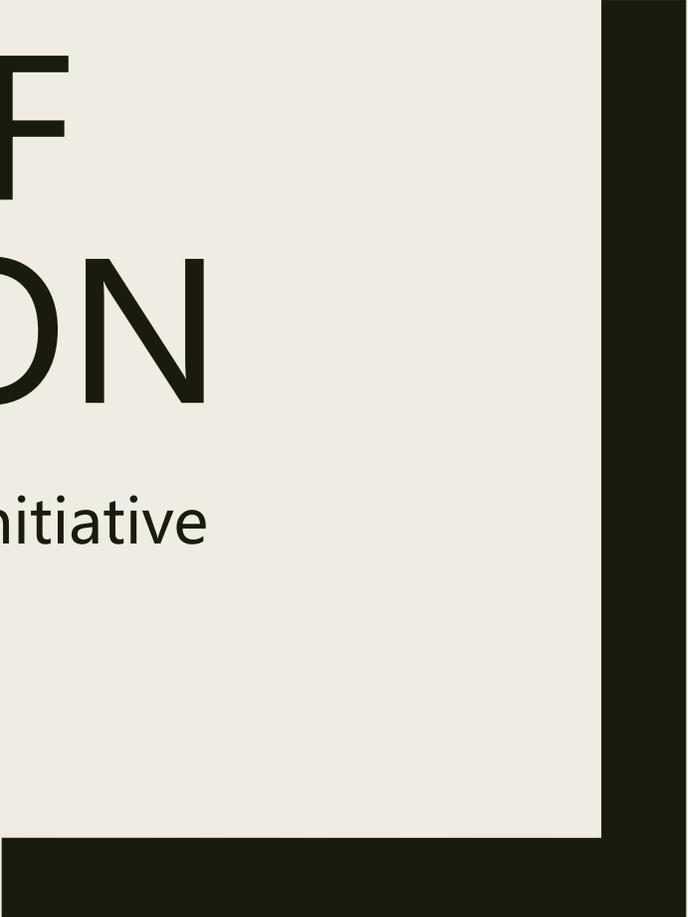




# POWER OF CONNECTION

2018 – 2019 1<sup>st</sup> Semester Wellness Initiative



# Connecting with Others

- You might be eating right, sleeping well, and exercising daily, but still be missing out on a part of health that's often overlooked – your social health.
- A big part of social wellness is being able to connect & communicate with those around you.
- As the Harvard Women's Health Watch reported, "Dozens of studies have shown that people who have satisfying relationships with family, friends and their community are happier, have fewer health problems, and live longer."
- In one compelling study, a key difference between very happy people and less-happy people was good relationships.
- People who feel more connected to others have lower rates of anxiety and depression. Moreover, studies show they also have higher self-esteem, are more empathic to others, more trusting and cooperative.

Is technology & social media having a negative affect on our social wellness and our ability to connect with others?

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**“Of course I know how to communicate without a phone. I have an app for that!”**

# Statistics

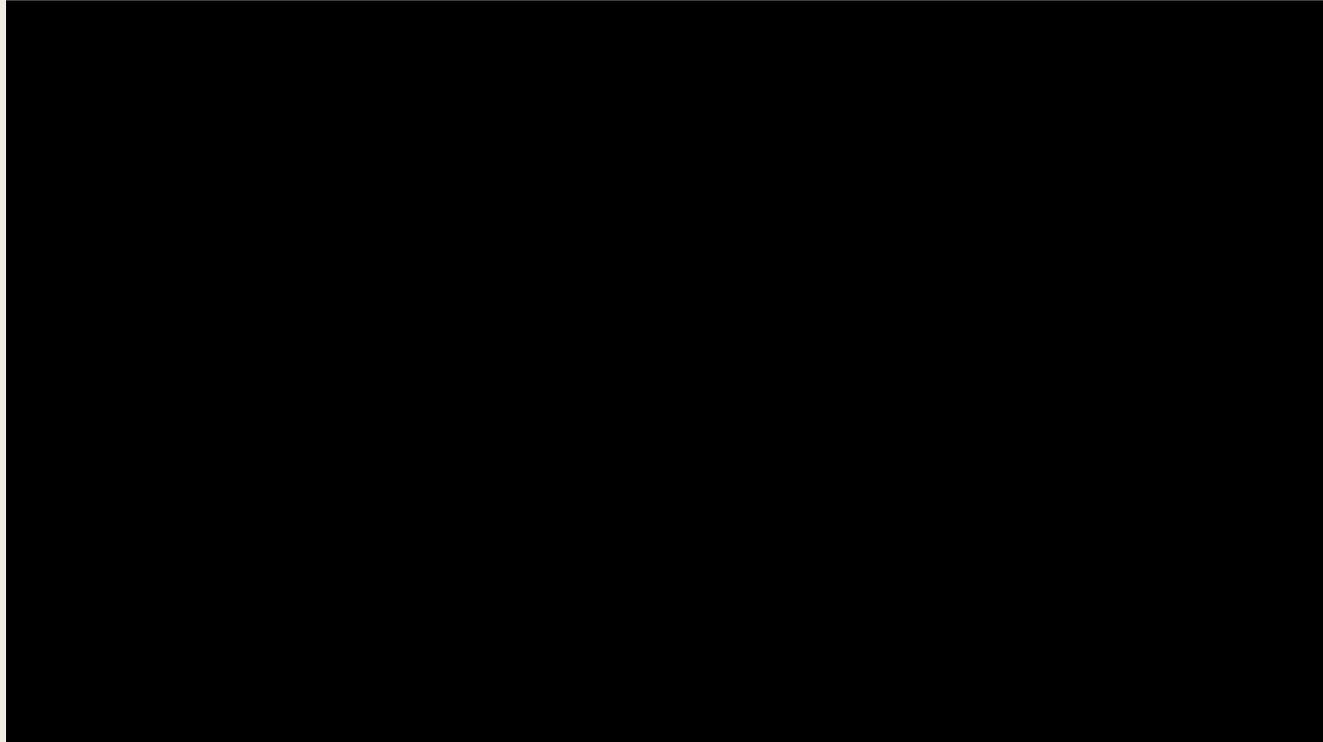
- 322 million people that live in the United States, 64% of whom own a smartphone.
- According to survey results, 88% of 18- to 29-year-olds indicate that they use any form of social media (Pew Research Center).
- Kids, ages 8-18, spend over 7.5 hours a day, 7 days a week using media sites outside of school (Rideout, Foehr, & Roberst, 2010).



# Face to Face Communication

- When we engage in face-to-face communication, social information is conveyed by vocal and visual cues in the context of the situation. Non-verbal communication is an important part of communicating and it includes facial expressions, eye contact, tone of voice as well as posture, space between individual.
- Since it has become more prevalent, social media has made people have a tendency to want to interact with people online rather than in person because it has made the process simpler.
- Teenagers, between the ages of 12-17, report using text messages in their daily lives more than any other form of communication, including face-to-face interaction (Lenhart, 2010).

# Video

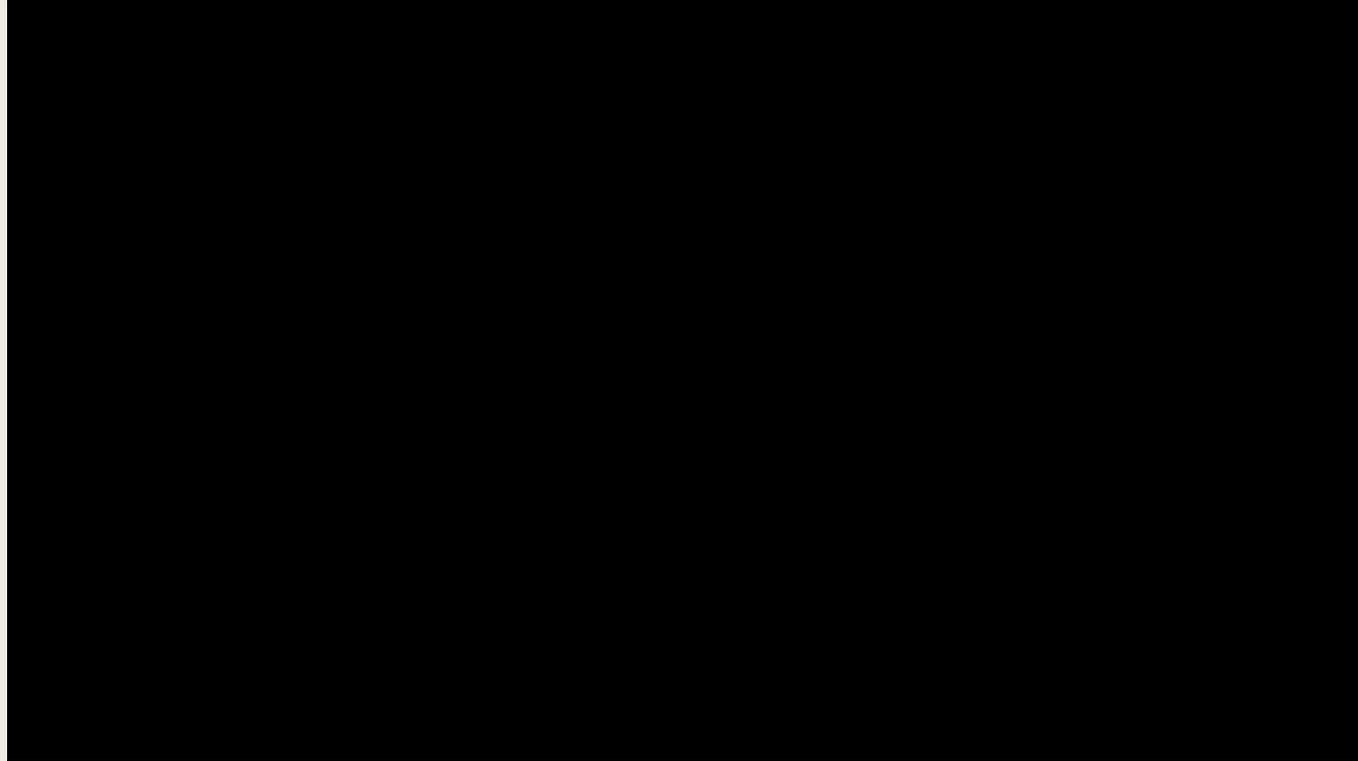


<https://www.youtube.com/watch?v=PzyMxQRZ2JQ>

# Discuss

- Would you rather communicate face to face or by using technology?

# Video



<https://www.youtube.com/watch?v=mDjII0aOCAY&t=3s>

# Discuss

- One student said that she “could not imagine a world without technology.” Do you agree or disagree? Why?
- Are students addicted to their cell phones? If so, is that a problem?

# Signs that technology is taking over your life:

- You miss parties and other events to spend time alone on your device.
- You eat meals in front of the TV or computer.
- You go to bed with the television on.
- You stay up late texting or on social media after going to bed.
- You wake up tired.
- You spend more time communicating with people via phone/social media rather than face to face.
- You check your mobile phone every few minutes for any notification on Facebook, Snapchat, Twitter, etc.

# What you can do about it:

- Make plans to see friends regularly.
- Record shows to watch later so you get a good night's sleep.
- Go Dark for Dinner - eat at the dinner table, away from any screens.
- Stop your notifications to avoid distractions.
- Set a timer on your watch or phone, to limit the amount of time you spend on social media.
- Stash your cell phone outside your bedroom at night or turn off .
- Mute your phone and tuck it somewhere where you can't see it or turn it off 30 minutes before you go to bed.
- Instead of keeping up to date with your friends' and family members' lives through a screen, spend time with them in the real world and reconnect with them.

# Find Your Tribe

- We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to.
- The most interesting fact about connection is that it has nothing to do with the number of friends you have on Facebook or the amount of community groups to which you belong.
- A sense of connection is internal: Researchers agree that the benefits of connection are actually linked to your subjective sense of connection. In other words, if you feel connected to others on the inside, you reap the benefits thereof!

An internal sense of connection can be nurtured and built:



**1) Give, Share, Support & Do acts of service and kindness for others.**

Research shows that compassion and volunteering has huge health benefits and creates a sense of connection and purpose. Research also shows that if we need help, we should ask for it. It will create belonging for those we ask.



**2) Take care of oneself:**

Stress is linked to high self-focus and therefore a lower sense of connection; if you are happy from within, you are also more likely to feel connected, to reach out to others, and to make the world a happier and sunnier place.



**3) Ask for help.**

Research shows that people are willing to help us but if we don't ask, they assume we don't need help. Reach out to those around you. Sad to be spending Christmas alone? Ask if you can join friends or invite others to join you!