Month 12 | Community & Connection

The holidays can be a stressful time of year but it’s also a wonderful time to spend with your loved ones. Your community and sense of connection is directly related to your wellbeing. Humans are social creatures whose health and happiness depends on connecting with others. What’s so interesting is your sense of community and connection is dependent on your own inner sense of connection, not the number of people you have in your life. Through having a positive mindset in social situations and setting an intention of building strong social bonds you can nurture and build your internal sense of connection.

Here are my intentions so you can see how simple this can be:

In what ways will my life benefit with stronger social connections?

What one thing will you do to foster a deeper internal sense of community and connection?

Read the full blog post on our website for more information on the health benefits of community and connection.