



Social Connection

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- “Connections is the energy that exist between people when they feel seen, heard and valued”. (Brene Brown)
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Types of
Connections
Tyler
Prochnow
PhD

Close Connections

Common Cluster
Connections

Coincidental Contacts

Dr. Holt-Lunstad

In 2021 her research study focused on “testing the effects of an intervention to foster social connection”.

4,500 participants from the US, UK and Australia.

“Kind Challenge” group was asked to do a small act of kindness for their neighbors.

Dr. Holt-Lunstad said: “The result was striking. Acts of kindness significantly reduced loneliness, stress and conflict with neighbors”.

UK Department of Loneliness

In 2018 Prime Minister Theresa May in the UK created the Department of Loneliness.

To tackle the social and health issues caused by social isolation.

Out of the 66 million Brits, 9 million reported “often or always feeling lonely”.

The results show that a significant number of people (Over 200 in the group) have not had a conversation with a friend or a relative for over a month.

Two generations living together

The American Psychological Association (APA)

40% of Americans over the age of 45 suffer from chronic loneliness. This means that approximately 47 million suffer from chronic loneliness in the USA.

Private practice I am surprised by the number of clients that report feeling lonely or feeling they don't belong. These are not people that live alone, these are people that are married, involved in a relationship and successful in our community.

How we ask the question

Amber L. Wright

- Helps people find their voice during moments that matter.
- She believes connect with people at a deeper level if we ask better questions.
- Instead of saying: “How was your day today”?
- Ask: “What was the best part of your day today?” or
- “What was the most challenging thing you experienced today.”
- The result: “the recipient feels seen, heard and connected”
- Research also shows that couple rate communication higher than sex and passion.
- We know that small acts result in feeling more connected and less stress.

Ronald B. Adler
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Professor of
Communication
at Santa Barbara
City College



ASKING QUESTIONS IS
MORE THAN GATHERING
INFORMATION.



ASKING HELPS US LEARN
WHAT THE OTHER PERSON
IS THINKING, FEELING
AND WHAT THEY WANT.



THIS IS ONE WAY TO BUILD
CLOSER CONNECTIONS
AT NO COST.



THE IDEA IS TO
COMMUNICATE WITH
INTENTION AND
CURIOSITY.

What can we do?

Small acts of kindness

Ask questions with intention and curiosity

Ask for what you need (Janea story)

Express Gratitude