

Social Connection Challenge



How it Works

If the pandemic has taught us anything, it's how important [social health](#) is for all of us. Not only do social interactions get employees out of their elements, but it's also a great way to elevate mental health. Those with healthy social lives tend to live longer and feel more fulfilled.

Engagement Ideas

- Try [team-building](#) events every Friday
- Email the participants the challenge printable
- Create virtual activity options like book clubs to connect
- Invite employees outdoors for a socially-distanced event
- Host video conference coffee chats to connect colleagues
- Have participants “tag” friends on social media to do the challenge

“We all want to know and be known. That’s why doing good is so powerful when the focus is first and foremost the people and not the project.”

— Chris Marlow

Get Social 7-Day Challenge

Your goal this week is to be sociable and have fun. Step out of your isolation bubble and connect with those who re-energize you and bring you joy. This challenge is an excellent way to reconnect after periods of isolation and to feel generally more connected to those who mean the most to you. For 7 days, see how you feel after connecting socially daily.

Day 1: Get Together

If it's safe for you to do so, get together with friends you haven't seen in awhile. Head to a park, go to a restaurant, or take a stroll around your neighborhood and catch up.

Day 2: Reach Out

If it's been awhile since you've talked to a loved one, reach out. Catch up by phone or video call. It doesn't have to be a long conversation to be a meaningful one. Just let someone know you're thinking of them.

Day 3: Volunteer

Non-profits often need volunteers daily to keep their business operations running. Consider volunteering at a local food pantry, humane society, or other nearby location to give back and socialize with others.

Day 4: Find Workplace Extroverts

If you tend to be shy, consider finding a workplace extrovert to connect with regularly. They'll likely be in the know of special after-work events and other community happenings that you can get involved in, too.

Day 5: Explore Your Community Offerings

Most communities have rec centers, art galleries, museums, and other attractions that are probably of interest to you. This is where you'll find like-minded people you can share similar interests with and potentially develop friendships. Be bold and introduce yourself when out in the community.

Day 6: Step into a Leadership Position

Every organization needs a leader. Look for ways you can be a leader which will naturally position you to connect more with others. It may feel uncomfortable at first, but you'll find you grow personally through the discomfort. Need some ideas? Volunteer to head a wellness committee at work, become a host of a book club; sign-up for a community board of directors position.

Day 7: Choose What Revitalizes You

Think about an activity you haven't done in a while that gets you out of your shell and chatting with others. Today, choose an activity that you know will improve your social life this week. It could be anything from joining a new club, revisiting a group workout class, trying a new activity, and beyond.