

# Building and maintaining positive connections

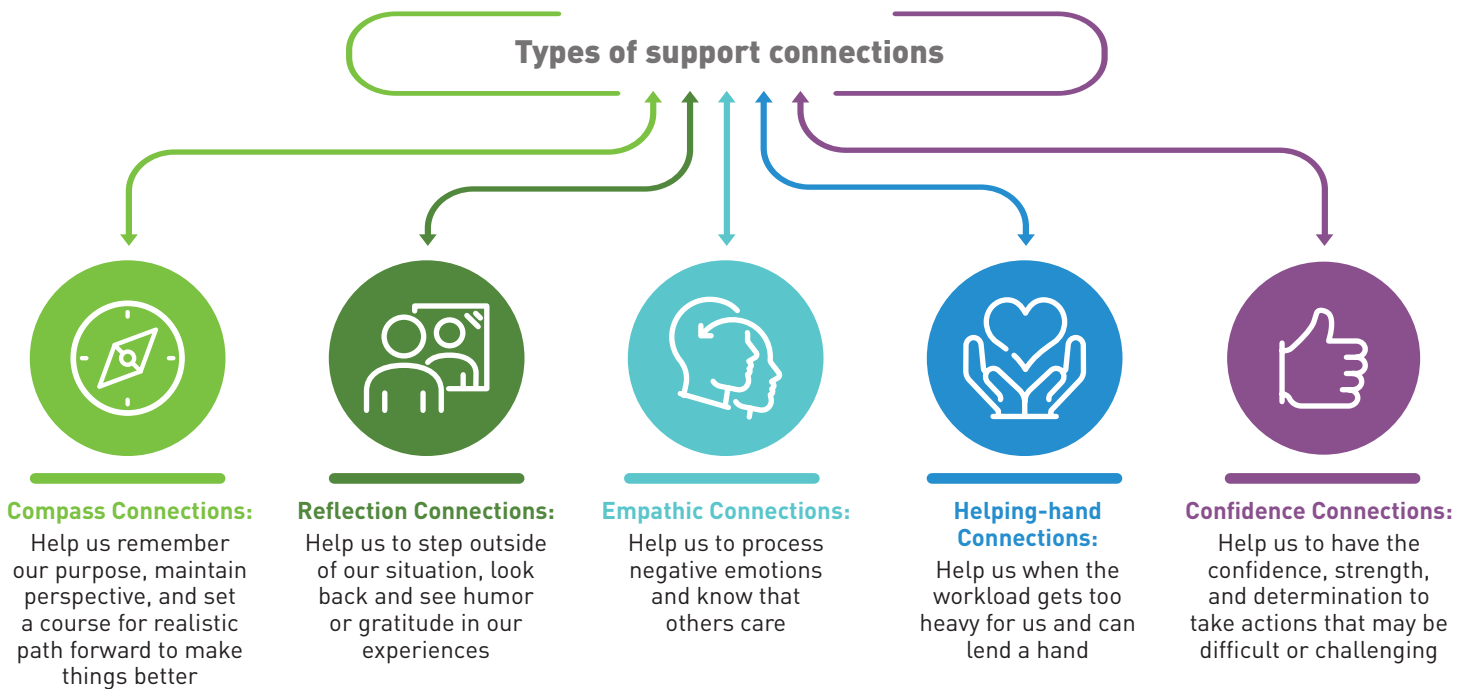
Life can be full of challenges, but fortunately you don't have to deal with them by yourself. Positive healthy connections with other people can help us handle stress, face difficult situations, build confidence, and motivate us to do good things that can help ourselves and others.

Staying connected and asking for help from friends, family, and community groups is a great way to reduce stress to manageable levels.

Resilience can be built through positive interactions with people in our personal and professional lives. Seek connections with people who want the best for you.

## Types of support connections

Look for possible connections by learning the different types of support connections shown in the graphic. While some of your personal and professional contacts may fit these descriptions, you can also be one of these connections for someone else.



## Take action

- Build connections | Start conversations to build connections with others. Begin a meeting with questions: "What's a win for you this past week?" or "What's one thing you're grateful for?"
- Maintain connections | Eat lunch with your crew periodically, schedule one-on-ones with your team, or take short walks for check-in meetings.
- Celebrate success | Highlight the success in a team meeting, hold a BBQ for achieving goals, or hold prize drawings for employees showing initiative.

**Safety talk sign-in sheet**

Record your attendees for compliance.

Leader's name: \_\_\_\_\_

Date of training: \_\_\_\_\_

ATTENDEE NAME (Print)

ATTENDEE SIGNATURE

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**Takeaways**

- Build resilience through interactions with people in our personal and professional lives
- To reduce stress, ask for help from friends, family, and community organizations
- Look for support through the five types of support connections