

HAPPINESS GUARANTEED IN 30 CONNECTING WITH COLLEAGUES EXPLAINED

BENEFITS TO CONNECTING WITH OTHERS

Ever since the beginning of time, humans relied upon each other for survival. Connecting with others is essential to our well-being. While things have certainly changed from “caveman days” (or has it been changed to the more politically correct: “caveperson days?”), one thing is constant; social connections are necessary in dealing with the demands and complexity of our daily lives. Also, we have an innate need to feel supported, loved, valued and socially connected to others. Research has proven that connecting to others offers additional well-being and health benefits, including:

- 1) Increased happiness levels
- 2) Increased quality of health
- 3) Increased self-esteem
- 4) Longer life span
- 5) Resiliency after experiencing hardship
- 6) Strengthens your immune system
- 7) Lowers anxiety and depression

Furthermore, socially connecting can make life more interesting and fun, allowing us to share our unique experiences and diverse perspectives with others. Time with others can even rejuvenate us. Instead of getting lost in our technology, which leads to isolating from others, take steps to call someone, send a text or an email. Set up a time to meet face to face or, plan to meet a new friend. Connectivity is key to a balanced life. Human connection is critical to our health and well-being.

HOW TO CONNECT WITH COLLEAGUES

1. Think about one person with whom you’d like to connect.
2. Select someone that you wouldn’t be contacting on that day. Think to yourself, “It’s been too long. I should reach out to....”

3. Ideally, reach out to another person in the legal community so you're being of service to someone in the same profession allowing for a mutually beneficial exchange.
4. Connect with that person, either by texting, calling, emailing, meeting face to face etc.
5. The dialogue is up to you. Asking them how *they're* doing and giving them ample opportunity to share is ideal. We spend so much of our day talking. Use this time to be a good listener.
6. Enjoy the moment. Both of you will benefit from the connection.

TIPS

1. The more people you socially connect with each day, the better
2. If needed, add a reminder to your daily calendar so you don't forget to make connectivity a part of each day
3. Make a list of people that you want to connect with
4. Commit to devoting a certain amount of time each day or each week to connecting with others
5. When connecting face to face, it's ideal to put the phones away and avoid those pesky distractions that technology often brings to our lives
6. Be a great listener. Give your colleague an opportunity to express themselves.
7. Offer help, whenever possible. Don't be afraid to let another person know how they can help you.
8. If you're thinking positive thoughts, make sure you share them.
9. Be authentic.
10. Express your appreciation and/or support and/or respect.