



CONNECT WITH OTHERS

Photo by Anna Vander Stel on Unsplash



Research shows Americans are feeling increasingly lonely, with younger generations reporting loneliness more frequently than older generations, and heavy social media users reporting loneliness more frequently than light users. Reaching out and taking time to connect, in person, with those around us builds relationships and a sense of belonging that can help reduce feelings of isolation.

Connecting with others encourages Relationship Skills, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel