



Improving Your Social Health

Practical tips for building better connections

If you feel lonely or unsupported, you may want to take stock of your “social health”, which refers to the quality of your interpersonal relationships. Use this guide for some actionable steps toward improving your social health.

Strengthen Your Connections

- **Rekindle Relationships:** Try reconnecting with someone you’ve lost touch with.
- **Meet New People:** Join a group or community that aligns with your interests to meet new people.
- **Prioritize Quality Time:** Make time for meaningful interactions with those you care about.

Get Involved in Your Community

- **Volunteer:** Offer your time to a cause you care about, such as a local food bank, shelter, or youth program.
- **Participate:** Attend local events like festivals, fundraisers or neighborhood meetings.

Maintain Your Relationships

- **Check In:** Take the first step and make it a habit to call friends and family.
- **Offer Support:** People appreciate help during challenging times. Even small gestures can help establish relationships that are mutually supportive.

Maintaining strong relationships is important for staying healthy in every aspect of your life. Staying connected and fostering community can even improve your physical health, reducing the risk of chronic ailments such as heart disease. By nurturing your relationships with others, you are investing in your own well-being.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



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Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. **Sign in to [kp.org](https://www.kp.org) to get started.**