

# Building Meaningful Connections



Over the past couple of years, many people have reported increased feelings of loneliness in the aftermath of the pandemic. In 2023 the US Surgeon General reported that “approximately half of U.S. adults report experiencing loneliness, with some of the highest rates being among young adults.” While most of us associate loneliness with feelings of sadness, did you know that loneliness can also have a negative impact on your overall physical and mental health?

## Here are some tips to help you build meaningful connections to enrich your life:

- **Reach out.** Make a point to connect with friends, family, or neighbors each day. This lets others know you care and can provide an opportunity for meaningful conversation and connection.
- **Be intentional.** Limit interactions with people who tend to be negative or relationships that are emotionally draining, rather than fulfilling. This will give you more time and energy to focus on creating and strengthening healthy relationships.
- **Ditch the screen.** Limit the amount of time you spend on electronics, including scrolling on social media. Instead, set up a time to meet with a friend (or friends) for coffee, a walk in the park or another enjoyable activity. Make sure your phone is put away when you are with others so that you get the most out of your social interactions.
- **Volunteer.** Find opportunities to help those in your community. Not only does helping others feel good, engaging in community service will allow you to meet new people, including people from different backgrounds and cultures.
- **Put yourself out there.** Join local groups that interest you, such as groups focused on hobbies, exercise, professional development, or community engagement. This is a great way to meet people with similar interests.

We are here for you

For additional resources and assistance,  
visit [mutualofomaha.com/eap](https://mutualofomaha.com/eap).

Source  
The Surgeon General's publication Social Connection Advisory:  
<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>

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