

"We need joy as we need
air. We need love as we
need water. We need each
other as we need the
earth we share."
-Maya Angelou



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CREATING CONNECTION



15-30 min



1-2 Days



Alone; 1:1

Fold me

Fold me

THE WHY

Humans have an inherent drive to connect with others. In research, this drive has been called the need to belong or need for relatedness. Activities supporting this need cause decreases in aggression and increases in prosocial behavior. For example, in one study, individuals who reflected in writing on a time they felt connected were more likely to donate to charity. The following positive activity takes you through steps to enhance feelings of connection.

HOW TO DO IT

1. Think of a time when you felt truly connected to someone. This could be a time where you achieved something with someone or a time when someone comforted you after a loss.
2. Describe how this happened, how this connection made you feel, why you felt this way, etc.
3. Now, plan how you could form a new connection at work, such as asking a new coworker how they're doing or talking to someone you don't know during an elevator ride.
4. Carry out this plan.

Optional: Consider doing this activity once a week.

DO IT

Use the space below to write about a time you felt connected.

