

Resource Guide

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Healthy Habits with your CMD: The Importance of Social Connection

Having social relationships in your life can have a positive impact on your overall health and well-being. It can help lower your blood pressure, reduce stress levels, and boost your self-esteem. With a busy schedule, it can be difficult to find and build social connections, but here are some ideas that might help:

- Join a club or group activity
- Introduce yourself to your neighbours
- Volunteer in your community
- Reach out to an old friend
- Eat lunch with your colleagues
- Do a random act of kindness

