

# Building Your Community

While the pandemic may have impacted your ability to connect with others or increased social anxiety, research shows that having strong social connections can lead to increased resilience, happiness, and sense of purpose.

## Consider these actions to strengthen your personal community:

- Get to know your neighbors
- Spend time with family and friends
- Support your neighborhood schools
- Shop locally to reinvest money within your community
- Coordinate a neighborhood yard sale
- Volunteer for a cause that is important to you
- Participate in-person or online in events where you can interact and enjoy something with other people



**Having a sense of connection to others can have a big impact on both your physical and emotional well-being. Join us online to learn more ways to build and maintain your community.**

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