

BEING AND STAYING CONNECTED



Connected:

A real or notional link

Being connected supports
our mental health

Collegial Support

Connecting
releases oxytocin
lowers cortisol levels
boosts your immune system

You
your intrinsic value

Undergirds your mental and
emotional health

Fosters Connection
Shows Emotional Intelligence

Train your brain
It is subservient to your mind

GHANDI

Our thoughts determine
who we are

Do good to you
Make your opinion of
yourself matter

Today you are you
that's truer than true
there's no one alive
that's youer than you

Dr Suess

