



LIVING THE PLEDGE
Self Care for Safe Care

March and April are Social Connections Months

In March and April, we are highlighting the practice of Social Connections to promote Self Care.

The best predictor of your overall health, happiness and longevity is how good your relationships are.

Actions You Can Take to Live the Pledge through Social Connections:

1. Share information about Social Connections
2. Post a new poster every 2 weeks promoting Social Connections
 - [Masks](#)
 - [Social Connections](#)
 - [Chasing Happiness](#)
 - [4 a.m. Friends](#)
3. Share a video on the impact of Social Connections:
 - [Self Care and Social Connections](#) – Alyson VanAhn, PhD, LP
 - What makes a good life? Lessons from the longest study on happiness ([12-minute version](#)):
 - What makes a good life? Lessons from the longest study on happiness ([3-minute version](#)):
4. Encourage everyone in your community (i.e., leaders, staff, residents, families, volunteers) to identify their [4 a.m. Friends](#) or to plan one activity to increase their [social connectedness](#)
5. Build Social Connections into your workday. Here are some examples of how:
 - [Hang posters on the walls around the campus](#); or just a large sheet of easel paper, add a few things you are happy for now to get the list started and encourage others to add their items
 - Start meetings asking staff to share why they are happy now, grateful for, or share One Good Thing
 - Provide opportunities for staff to build social connections through community volunteer work or other related opportunities