



LIVING THE PLEDGE
Self Care for Safe Care

**Good relationships keep us happier and healthier.
Period.**

*Say "I love you" instead of just rushing out
the door to work or school in the morning*

*Schedule time
to connect with
friends*

*See if your library
has community
events*

*Reach out to a family
member you haven't
spoken to in years*

*Volunteer with other
people to enrich your
community*

Join a book club

Call instead of texting

*Reach out to your neighbors,
if only to stop and chat at a mailbox*



**Pick one thing to do this week
to feel more Connected!**

Happiness is Contagious – Pass It On!

