Strength in Community

A strong sense of community comes down to supporting and interacting positively with other individuals with a shared goal or common interest.

APS Healthcare

However, busy schedules, frequent changes in jobs, homes and locations, and technological advances make it difficult to nurture community relations. It's become too easy to stay isolated in our homes, and yet isolation tends to feed a sense of loneliness and depression.

What You Can Do

Whether your sense of community resides with your neighborhood or extends to the global community, consider the following 'community-building' tips:

- Pick up the phone to talk, or arrange to meet in-person rather than always relying on email, texting or chatting.
- Acknowledge a passerby in your neighborhood or at work.
- Meet your neighbors and personally greeting newcomers.
- Buy from local merchants.
- Make an extra effort to talk with someone who may have a different background or perspective than your own.
- Support local schools, which tend to be cornerstones in a thriving community.
- Organize or attend community events.
- Identify an issue or cause close to your heart and volunteer your time and energy.
- Spend less time on the internet or watching television and more time outside
- Join a club or other social organization

A strong community benefits both the individual and the greater society. People of all ages who feel a sense of belonging tend to lead happier and healthier lives, and strong communities create a more stable and supportive society.

If you are feeling isolated or lonely, consider contacting your Employee Assistance Program for assistance.

For more information, or to speak with an EAP professional:

Call:
1-800-765-0770

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