

HEALTH *matters*

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8/12 'YOU AT YOUR BEST' LUNCH AND LEARN*

8/25 'DESKERCISE 101' LUNCH AND LEARN*

**Virtual lunch and learn offered online. Learn more at healthmatters.idaho.gov/classes-presentations/*

“CONNECTION IS THE ENERGY BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD, AND VALUED.”

– BRENÉ BROWN

CONNECT TO THRIVE

Social connections help protect health and enhance life. Look for ways to get involved with others:

- Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
- Take a class in yoga, tai chi, or another new physical activity.
- Help with gardening at a community garden or park.
- Volunteer at a school, library, hospital, or place of worship.
- Join a local community group or find other ways to get involved in things you care about.

BE THERE

Challenge yourself to put your cell phone away when you're with other people for 30 days. The idea is to focus on people when you're with people – your cell phone can wait. Not only is it rude to ignore your company, you are missing out on one of the most enjoyable parts of life – interpersonal relationships. Give others your full attention and be present!

Source: [Do Social Ties Affect Our Health?](#), NIH News in Health, 2017 / [102 Challenges](#) by Tad Mitchell, 2018 WellRight, Inc.