



Join a club!!

Check out the TDSA website for affiliated clubs on campus!



FIND

PEOPLE

YOUR

How to Build Connection

1. Connect with five different people each week. This could include family members, classmates, professors, or co-workers.
2. Nurture three close relationships you have. These are people in your "inner circle", the ones you can be your authentic self with and lean on for support.
3. Spend one hour per day connecting with people. This can include checking in on a friend, having meaningful conversations, and sharing funny videos.

While trying to add these social interactions to our routines can be difficult, try "habit-stacking!" Always grabbing a coffee in the morning? Ask a friend to meet you there for a small catch-up. Need to walk your dog? Ask a neighbor or friend to join you. Take already existing habits/routines you have and think of ways in which you can involve other people in your life!

Where do you feel the strongest sense of belonging?

**Friends
Clubs
Sports
Volunteering
Work
Family
Online**



The Importance of Belonging

Human beings are social beings! One of the most important human needs is social connection. Positive social connection is associated with improved cognitive function, increased overall wellbeing, and reduced risk of disease and illness.

