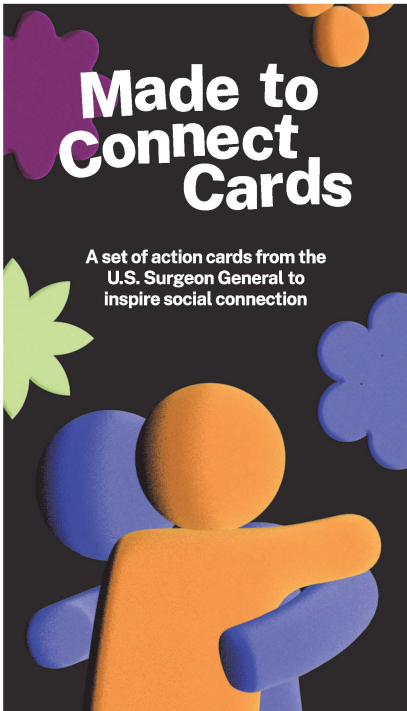


Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov



Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov

How to use these cards

These cards were created to help you reflect on and strengthen your social connections.

They are organized by categories related to social connection:

- Expressing Gratitude
- Giving Support
- Receiving Support
- Deepening Relationships
- Building Diverse Connections
- Connecting More Frequently

For additional reflection, we've included self-reflection exercises to help you connect to yourself.

Give them a try and share them with a friend!

Friendly Smiles

BUILDING DIVERSE CONNECTIONS

Try waving or smiling at different people while you are out and about this week. As you do this, reflect on how it makes you feel and how others respond.

Neighborly Chats

BUILDING DIVERSE CONNECTIONS

Get to know the names of different people in your community. Try starting conversations with your neighbors or other people you come across.

Practice active listening as you meet and talk to new people.

Tiny Moments

CONNECTING MORE FREQUENTLY

Try reaching out to someone you haven't connected with in a while. Share some good news, a song, a photo, or a memory you have with that person to rekindle and encourage more frequent connection.

Tiny moments can boost feelings of happiness and connection.

Connecting through Laughter

DEEPENING RELATIONSHIPS

Next time you're with a friend, try making each other laugh. Tell a joke or share a funny memory until you laugh together!

Nurture Your Niche

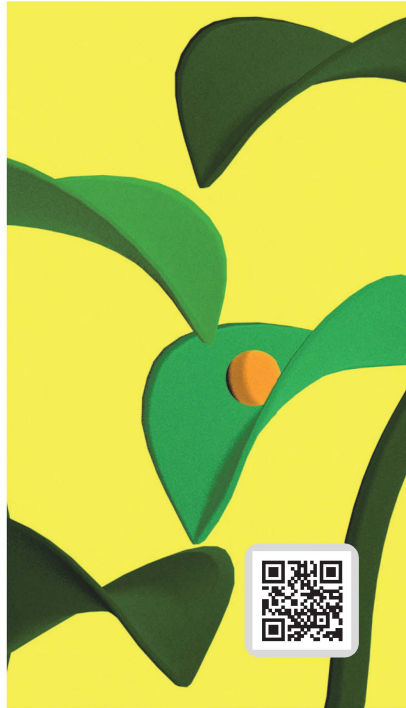
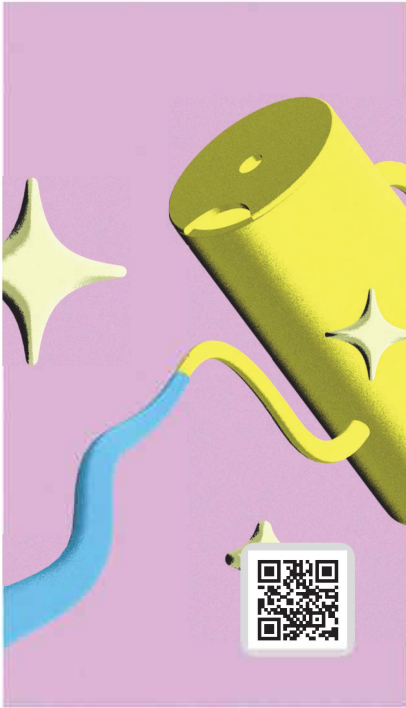
CONNECTING MORE FREQUENTLY

Try finding and joining a group or activity related to something you love, like a book club, sports group, or cooking lessons.

If it feels intimidating to join a group, that's ok! Take the first step by making a list of activities you love. Remember it was everyone's first day at some point.



Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov



Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov

Nourish Your Connection Garden

SELF-REFLECTION EXERCISES

If you ever feel overwhelmed with social obligations, give a moment to yourself. Take a deep breath, and think about something you did recently that you found to be nourishing.

It's okay to connect at your own pace and make sure you are checking in with yourself from time to time.

Active Listening

DEEPENING RELATIONSHIPS

Think of someone you feel comfortable with. Find an opportunity to hang out with them and invite the friend to share what's on their mind.

Practice active listening during your conversation by asking open-ended questions and showing genuine interest. Notice how this makes you feel about your connection with your friend.

Family Ties

DEEPENING RELATIONSHIPS

Reach out to a parent or older family member. Ask your family questions that you wouldn't normally ask. Some questions could be: how would people have described you when you were 8 years old? What's a memory you'll cherish forever?

Appreciate seeing your relative through new eyes.

Quality Compliments

EXPRESSING GRATITUDE

Engage a friend, colleague or loved one in conversation and bring up a positive thing that the person has done for you or others in the past.

How did it feel to remember this person and thank them? Who else might you express gratitude to?

Three Good Things

EXPRESSING GRATITUDE

Think about a positive relationship in your life. Write down three good things about the relationship.

Notice how you feel as you think deeply about your connection. Consider sharing your reflections with that person.

Close Bonds

EXPRESSING GRATITUDE

Think of a time you felt a strong bond with someone in your life. Consider the ways this experience made you feel close and connected with them.

Share this memory with that person and thank them for being in your life.



Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov



Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov

Contemplating Commonalities

DEEPENING RELATIONSHIPS

The next time you meet someone new, strike up a conversation to learn about the things you have in common.

How does it make you feel to know you share commonalities with someone you just met?

Self Love

SELF-REFLECTION EXERCISES

Find a moment of quiet in your day, and think about some things you love about yourself. This can be anything, big or small, and it's okay if it takes a moment to think of something.

Can you think of ways you can bring these traits into relationships with others in your life?

Making Time for Me

SELF-REFLECTION EXERCISES

Grab a journal or a piece of paper and write a short reflection about your day. What did you notice about yourself when you read it?

Sharing Presence

GIVING SUPPORT

Give the gift of time to someone you care about — whether it means doing something with them or something for them.

How does it feel to be fully present with another individual? Do you feel more connected to one another as a result of being actively present?

Acts of Service

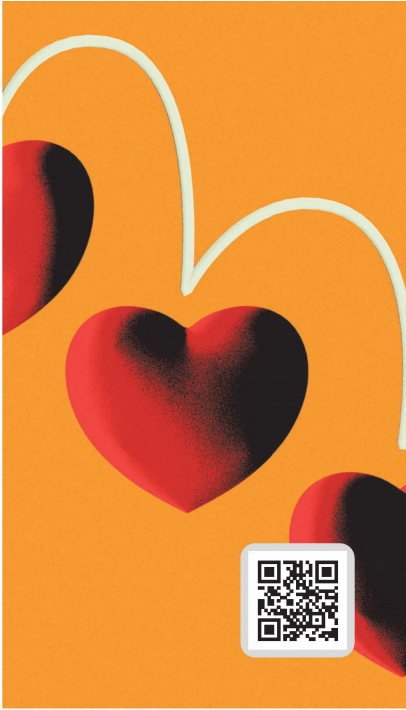
GIVING SUPPORT

Think of some acts of service you can do for a friend or loved one going through a difficult time, and reach out to offer support. Some ideas are: dropping off dinner, helping them with household chores, or going on a walk with them.

Do you feel more connected to the person knowing you are able to provide support?



Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov



Thank you for downloading the Made to Connect Cards from the Office of the U.S. Surgeon General!
For complete cards, print double-sided and trim. For more information, visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge)
To submit your connection stories, email us at: MadeToConnect@hhs.gov

Pay it Forward

GIVING SUPPORT

Think about a recent act of kindness that was directed towards you. Make a plan to pass that kindness forward at some point this week. If possible, pass it on to someone new.

Asking for Help

RECEIVING SUPPORT

Think of a situation in your life where you could use a little help. Maybe you are struggling to make a decision or to balance your obligations. Identify a person who's in the best position to help you and reach out to them.

How did it feel to ask for help?

Accepting Help

RECEIVING SUPPORT

Think about a time when you asked for help and someone in your life came through. Reflect on the lessons you learned from this memory and reach out to ask for support with something you need help with in your current life.

Giving to Your Community

GIVING SUPPORT

Get involved in your community through volunteering alongside others. For ways to find volunteering opportunities, look at the website of some of your favorite charities and causes.

How has volunteering changed your relationship to the place or people around you?

Lean on Me

RECEIVING SUPPORT

Who in your life can you depend upon and call any time of the day? Who can you reach out to for help during emergencies? Think of a person or two and jot down qualities that make them dependable.

How does it feel knowing you can depend on someone when you are in need?

