

Come to the Senior Center for Fun & Friendship

Social connections play a vital role in your health and well-being. Maintaining a strong network of family and friends involves strategies that include:

- ***Making relationships a priority*** - Don't take your partner or other loved ones and friends for granted. Take time to converse with them and to do things together.
- ***Recognizing the importance of give and take*** - If you appreciate the support, encouragement and interest of others, be sure to express your love and appreciation, and be ready to return the favor when the need arises.
- ***Respecting boundaries*** - Try to be there for your friends and family, but don't overwhelm them.
- ***Avoiding relentless complaining and negativity*** - It's tiresome and draining to listen to the same old gripes and negative viewpoints over and over again.
- ***Adopting a positive outlook*** - If you have trouble doing this naturally, finding humor in things is a good way to go about it.
- ***Listening*** - Minimize distractions while talking to others. If you tend to do most of the talking in a relationship, challenge yourself to spend time listening. Make a point to remember what's going on in other's lives - or bring up something a friend said in a previous conversation that you found meaningful.