Where can you go when you need to connect?

**Loved ones**
Reach out to others instead of trying to handle things alone.

**Pets**
Pet an animal to release feel-good hormones.

**Community**
Connect with others for a sense of purpose.

**Memories**
Think about happy times and get an emotional boost.

**Journals**
Write down thoughts and feelings to improve your health.

Find support in unexpected places.