



THE weekend reset challenge

WEEK 1

7 weekend practices to start your week calm, connected, and confident!



Connect

Watch the video!



Beyond the happiness of moments spent together and the comfort of companionship, developing real relationships has an impressive scientific foundation. Strong relationships have been shown in studies to reduce stress, help us manage our emotions, and even strengthen our immune systems. Our bodies seem to have a unique chemistry when we interact; it's not just about laughing and supporting one another. So spending time fostering relationships is more than just being social; it's like treating ourselves to a natural health boost for a happier life.



WHAT MIGHT HOLD YOU BACK

- fear of being judged
- negative past experiences
- nervousness
- lack of time



RESEARCH CONNECTIONS

Understanding the links between social ties and health

Two distinct immune pathways linking social relationships and health

Well-being, happiness and why relationships matter

Everyday public spaces and their implications for well-being and social relations

Social relationships and mortality risk: A meta-analytical review



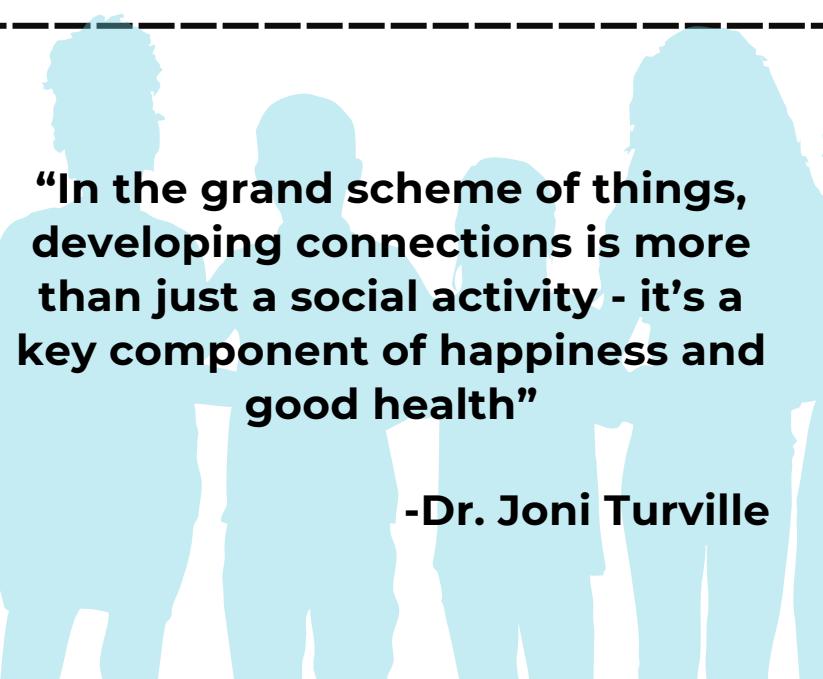
FOR FURTHER EXPLORATION

Belong: Find Your People, Create Community, and Live a More Connected Life

Meetup: Find events and activities near you

Made for People: Why We Drift into Loneliness and How to Fight for a Life of Friendship

Ted Talk: The secret to living longer may be your social life



“In the grand scheme of things, developing connections is more than just a social activity - it’s a key component of happiness and good health”

-Dr. Joni Turville



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This Weekend's To-Do

Choose one or more strategies to connect with someone.
It could be big or small.



Less Time and Planning

- send a check-in text
- phone a friend or family member
- give a compliment
- send a meme
- give a hug
- go for a walk with someone
- leave a voice mail
- ask a question
- go for coffee
- send a note
- send a message on social media
- ask for help
- strike up a conversation with someone new
- send a postcard
- go for lunch or dinner
- write a short letter
- video chat with a friend or family member
- smile at someone
- say "thank you"
- cook a meal together
- do something nice for someone
- give someone your undivided attention
- do chores and errands with someone



More Time and Planning

- join a club
- plan a family outing
- host a dinner party
- go to a flea or farmer's market
- join a community event
- volunteer
- plan a date night
- attend a networking event
- go dancing
- join in a sports league
- organize a game night
- join a book club
- offer assistance
- find an accountability partner
- have a movie night with friends or family
- meet up with someone new
- take a class
- go camping
- join a community group
- go to a concert
- join a community celebration
- take a cooking class
- organize a potluck



TRACK



Download The Weekend Reset Challenge Tracker to record this weekend's activity!



REFLECT

Download The Weekend Reset Journal to reflect on how the weekend went and how you feel about the upcoming week

