

Look for Similarities

Study after study has shown the importance of social connections in maintaining health. Instead of looking for differences between yourself and others, look for similarities. This helps form connections, fosters empathy, and improves our outlook toward others. Finding a common interest can help bridge the gap and turn an acquaintance into a friend.

Be Well.

The Health and Wellness Foundational Tool Team

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou

