

Positivity & Social Connection



Leader Talking Points

- Our brains are more efficient, more focused, and more collaborative when we take the time to recall something positive
- Effects of dopamine in our brains:
 - Improved short-term memory
 - Increased focus
 - Increased flow of information
 - Motivation to connect with others
- Our brains are hardwired to perform their best when they are positive
- Social connection = The quality of relationships within a social circle—family, friends, coworkers, acquaintances
- Happy people have stronger relational ties and spend less time alone than unhappy people
- People with close ties are less vulnerable to early death and more likely to survive fatal illness
- Easy connection starters:
 - Get up from your desk
 - Talk to strangers
 - Create a social spot
 - Invite someone to coffee/lunch
 - Connect departments
 - Team-building exercises
 - Utilize wellness exercises
 - Share a meal