



# FAMILY CONNECTIONS EXPERIMENT

OLIVIA JEWELL - FOUNDER

## WHAT IS IT?

*A social experiment exploring the psychological benefits of daily connections with family past and present.*



### 21 DAYS

Engage in fun, easy and unique family connecting activities for as little as 5 minutes a day for 21 days.



### SURVEY

Participants take a survey to gauge their mood before and after the experiment.



### RESOURCES

Use our library of resources including our quick and easy Connections Idea Generator and themed 21 Day plans.



### EVIDENCE

Explore our compilation of sources about the power of connection, including our own experiment results and resources.

## WHAT DID WE LEARN?



**75%** OF PARTICIPANTS REPORTED MOOD IMPROVEMENT

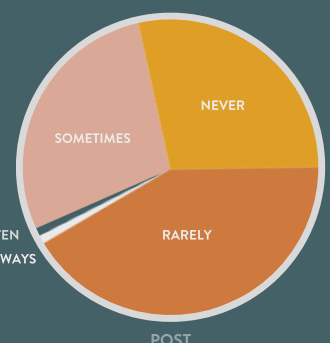
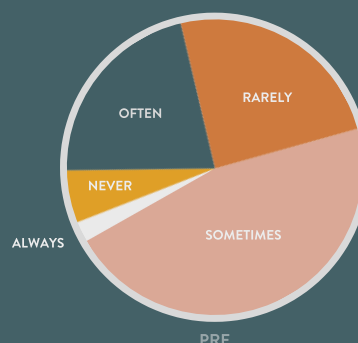
WITH THE INCREASED

*Connections*

Nearly **75%** of participants reported never or rarely feeling

*Anxious or Depressed*

“Family history is a mood booster! We could have been fighting or having a bad day, but when it was time for the experiment, we all started smiling and laughing.”  
*Experiment Participant*



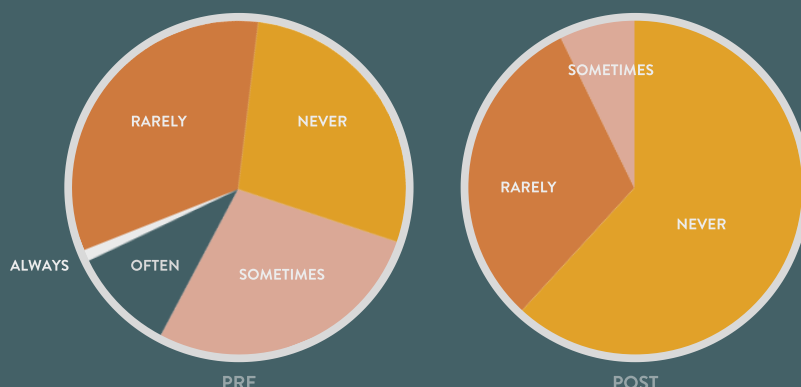
“Family is so important! I learned that just a few minutes of connection each day brings a wealth of love and hope, especially while we have been quarantined.”

*Experiment Participant*

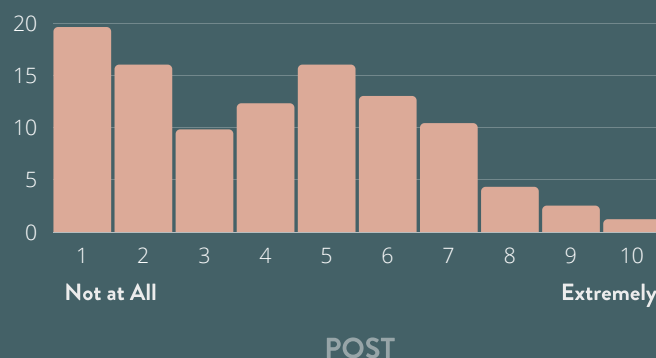
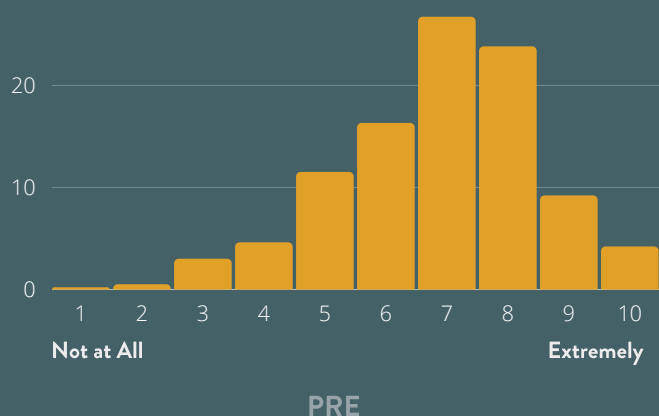
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93% of participants rarely or never felt unlovable

I have found myself feeling *Unlovable*



Participants reported that *Negative Habits* became less problematic during the experiment



## HOW TO PARTICIPATE OR CONTRIBUTE?

[WWW.CONNECTIONS-EXPERIMENT.COM](http://WWW.CONNECTIONS-EXPERIMENT.COM)



### PARTICIPATE

Visit our website to join the experiment, stay notified of our monthly featured plans, take the survey each month you participate, enjoy connecting for 21 days, and give us your feedback at the end.



### CONTRIBUTE

We're a community project, built by the community for the community. If you have fun activity or plan ideas you'd like to share or talents you like to develop, come join our team or share your ideas on our website.

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