

# 21 DAY

FAMILY CONNECTIONS  
*experiment*

• a family history project •



LEARN MORE AT  
ROOTSTECH  
CONNECT IN  
OUR SERIES

## WE INVITE YOU

### TO REDISCOVER YOUR FAMILY

**JOIN THE** 21 Day Family Connections Experiment, where for 21 days you will have opportunities to make daily connections with your family, past and present, through simple and engaging activities.

The goal is that as you invest more time in creating family connections, you will notice a positive improvement in your mood and mental health. Studies have shown that having strong family connections, including a personal understanding of your family's History, can lead to increased resilience, unity, and self-confidence.

This is an informal study and experiment about how connecting with family past and present can contribute positively to your overall emotional health and mental well being.

Please visit us to join our experiment, get easy connection ideas, share your experience, and help us study the effects of connecting more with family!

### THE POWER OF CONNECTION

CASE STUDES IN CONNECTION

THE POWER OF CONNECTION FOR YOUR PHYSICAL HEALTH

THE POWER OF CONNECTION FOR YOUR MENTAL HEALTH

THE HEALING POWER OF STORYTELLING – EVEN DIFFICULT STORIES

THE SCIENCE OF FAMILY CONNECTION

FAMILY CONNECTIONS EXPERIMENT

### COMMUNITY

LEARN MORE ABOUT CONTRIBUTING TO THE PROJECT

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

# POWER OF *Connection*

## Sub-Series

This series of classes was inspired by the discoveries and experiences of both volunteers and participants from the 21 Day Family Connections Experiment. The series is hosted by Olivia Jewell, founder of the experiment, who explores WHY it's important for us to connect with our families past and present. Join her as she draws upon the expertise of scholars, therapists, and practitioners, as well as individuals like you and me who have had personal experience with this power.

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

## SERIES KICKOFF: CASE STUDIES IN CONNECTION

HOSTED BY: OLIVIA JEWELL

First-hand accounts from people like you sharing their experience with the power of connection.

**Miya Jensen**

@ThePolynesianGenealogist

**Coralee Anderson**

from Arizona, United States

**Michael Brian Smith**

@FamilyHistoryEveryday

**Lisa Coffey**

@LisaCoffey

**Sarah Garner**

@TheKindredPress



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



# THE POWER OF CONNECTION FOR YOUR PHYSICAL HEALTH

JULIANNE HOLT-LUNSTAD  
P.H.D.

The physical risks of loneliness are real, come learn the science behind why connection is so important.

## ASPECTS OF A RELATIONSHIP

### STRUCTURAL ASPECT:

Having people in your life

### RELATIONSHIP FUNCTIONS:

Having people you can count on

### QUALITY:

Meaningful, satisfying & positive relationships

“We need to take our relationships just as seriously.”

### LONELINESS:

#### RISK OF EARLIER DEATH

26% ↑

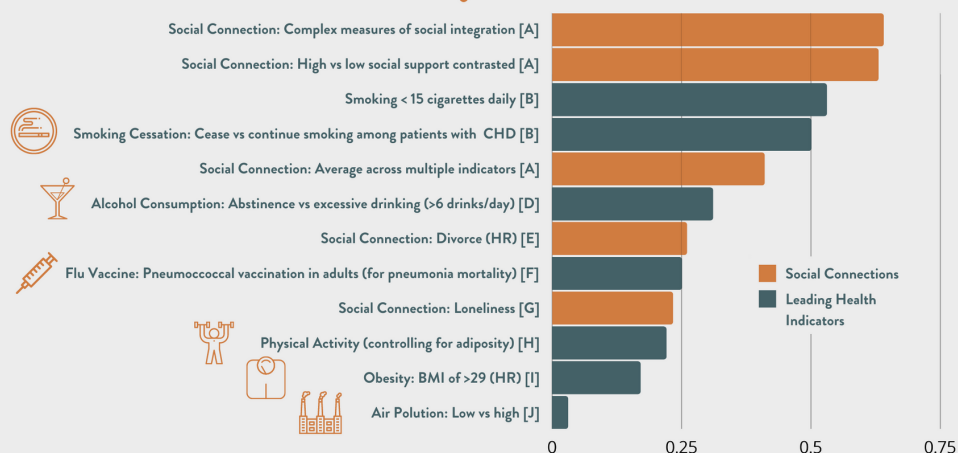
### SOCIAL ISOLATION:

29% ↑

### LIVING ALONE:

32% ↑

## Social Connections have a *Profound* Effect on Risk for Mortality



JULIANNE HOLT-LUNSTAD

julianne.holt-lunstad@byu.edu  
@JHoltLunstad

www.JulianneHoltLunstad.byu.edu | www.EndSocialIsolation.org

THE NATIONAL ACADEMY OF SCIENCE REPORT ON SOCIAL ISOLATION AND LONELINESS

WWW.CONNECTIONS-EXPERIMENT.COM



# THE POWER OF CONNECTION FOR YOUR MENTAL HEALTH

AMY NIELSON, CMHC


Connection is a basic need just like food, water, and air, let's talk about why.

**EMOTIONS** serve a function.

Emotional sensation comes from **CHEMICALS** released in the body.

**OXYTOCIN** is a vital need.

Trigger Oxytocin through **CONNECTION!**



"OXYTOCIN IS  
AS VITAL TO  
OUR FUNCTION  
AS FOOD, WATER  
AND AIR."

## CHILDHOOD SYMPTOMS

Anxiety  
Depression  
Attention Issues  
Difficulty Regulating Themselves  
Anger

## ADULT SYMPTOMS

Low Mood  
Anxiety  
Irritability  
Depression  
Lack of Motivation

**SUMMARY:** Every person has **EMOTIONS**  
Emotions help us meet our **NEEDS**  
One of those vital needs is **CONNECTION**

**CHALLENGE:** Seek to share your story daily.

FEELING CONNECTED:  
MENTAL HEALTH NUGGETS

21 DAY  
FAMILY CONNECTIONS  
experiment

with

*Amy Nielson*

AMY NIELSON

AmyPBandJ@gmail.com

FB: @PBandJconsulting

Insta: @PBandJ\_consulting

[www.PeaceBalanceandJoy.com](http://www.PeaceBalanceandJoy.com)

WWW.CONNECTIONS-EXPERIMENT.COM



# THE HEALING POWER OF STORYTELLING -- EVEN DIFFICULT STORIES

SYDNEY WALKER

What a reporter learned from interviewing strangers about hard experiences and why it was easier to gather their stories than you might think. Learn and apply these same principles to interviewing your family.



- 1 Every family has happy and hard stories. We need to tell both.
- 2 Healing looks different for everyone.
- 3 People are more willing to talk about hard things than we might think. They just need an invitation.

“The more we can open up and be vulnerable about our own struggles, it allows others to open up and we can heal together.”  
*Cameron Perkins*

9  
TIPS

for *interviewing* someone about hard *experiences*

1. Prepare thoughts and questions ahead of time
2. Start out with easy questions to build trust
3. Have a conversation — don't drill them with questions
4. Silence isn't awkward. It's a good thing
5. Listen with compassion, not judgment
6. Don't be afraid to be emotional with them
7. Ask follow-up questions ("What did you mean when you said ... ?")
8. Do multiple interviews
9. The best question to end with: "Is there anything else you'd like to say?"

SYDNEY WALKER

SydneyWalker@deseretnews.com  
@Sydney\_Walker31

# THE SCIENCE OF FAMILY CONNECTION

DEVIN ASHBY

Family History is now a multibillion-dollar industry and science is playing a greater role each year. DNA kits help us uncover our family stories and additional research is helping us understand how connecting to our family stories can help children and adults cope with the effects of stress, anxiety, depression, and build resilience. Come learn more about why family connection matters.

HOW WOULD YOU DESCRIBE YOUR FAMILY?



CONNECT  
WITH YOUR  
FAMILY

"Pull up your dinner table... and talk about your family and build family connections! That's what's most important."  
-Devin

FIND SAFE PLACES TO SHARE

"A key element . . . "for both the teller and the listener, is the sharing of positive moments, alongside the ability to bounce back from difficult ones."

-Martha Driessnack

DOCUMENTING FAMILY CONNECTION

"The single most important thing you can do for your family may be the simplest of all: develop a strong family narrative."

-Bruce Feiler

DEVIN ASHBY

ashbydr@familysearch.org



# 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

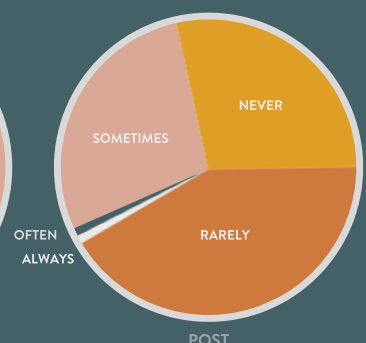
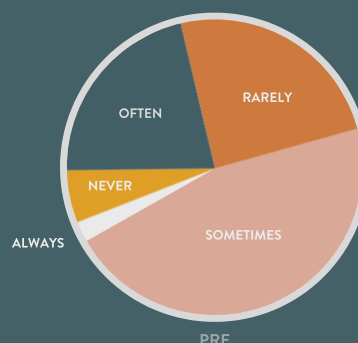
WITH THE INCREASED

*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*





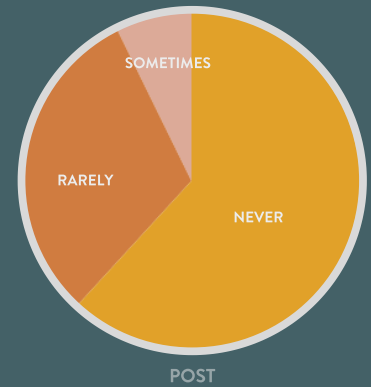
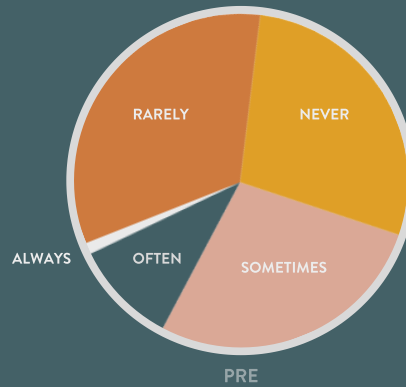
“Family is so important! I learned that just a few minutes of connection each day brings a wealth of love and hope, especially while we have been quarantined.”

*Experiment Participant*

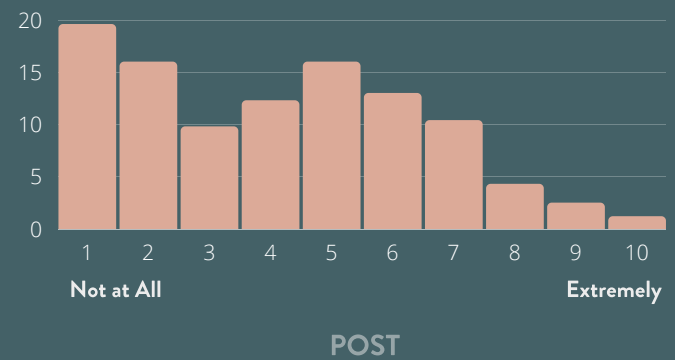
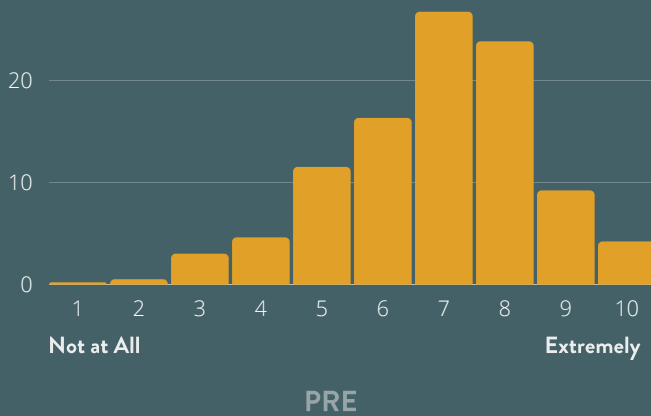
”

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.

OLIVIA JEWELL

[LivsTreeHouse@gmail.com](mailto:LivsTreeHouse@gmail.com)

[@LivsTreeHouse](https://www.instagram.com/LivsTreeHouse)

[LivsTreeHouse.blogspot.com](http://LivsTreeHouse.blogspot.com)

# Power of *Community*

As a 21 day social experiment that explores the psychological benefits of daily connections with family past and present we are committed to helping people of all ages and backgrounds recognize and experience these benefits through our compilation of resources including pre-made plans, a quick and easy idea generator and more!

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

## BE PART OF OUR COMMUNITY

### SHARE YOUR IDEAS

We love to connect with our community and to hear your ideas. There are so many ways you can contribute to this project.

### PLANS

Share you ideas for our themed plans.

### ACTIVITIES

Submit unique ideas for connecting with family.

### HOW TOS

Share your knowledge by teaching.

### INFLUENCERS

Help us spread the word about the project.

### TEAM VOLUNTEER

Share your skills and hone new ones.

### DONATE

Contribute to project expenses.

