

THE POWER OF CONNECTION

FOR YOUR MENTAL HEALTH

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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

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