



ACTIVITY: Feeling Connected

Purpose

The purpose of this activity is to:

- Prompt participants to identify times when they felt connected with another person
- Increase connection with others

ESTIMATED TIME

10 minutes

Background

We have a natural human drive to be kind and help others. Research indicates that reflecting on feelings of connection can increase our motivation to help others. Helping others can, in turn, increase happiness and improve relationships.

MATERIALS

Required:

- A. Paper
- B. Pen/Pencil

Activity

- 1) Ask participants to think of a time when they felt a strong bond with someone in their life – either at work or outside of work. This doesn't necessarily have to be a positive experience. Participants can write about a challenging situation they experienced in which they felt particularly connected to another individual.
- 2) Once they have identified a specific example, participants should spend a few minutes writing about the experience.
- 3) Focus on the ways in which this situation made you feel close and connected to the other person

Discussion Questions/ Key Points

- When people feel rejected or lonely, they may be more likely to focus on themselves and on their unmet needs. In contrast, when people feel connected and cared about, by contrast, they are more likely to help and care for others.
- Ask participants if they can you identify times when this was true in their lives.

SOURCE:

"Feeling Connected" – Greater Good in Action: Science-based Practices for Meaningful Life:

http://ggia.berkeley.edu/?ACT=45&path=practice%2Fpractice_as_pdf%2Ffeeling_connected&size=letter&orientation=portrait&key=&attachment=0&compress=1&filename=practice_feeling_connected.pdf