



RESILIENCE IN FOCUS

# BUILDING CONNECTIONS

TIPS FOR SOLDIERS ON HOW FAMILIES CAN CONNECT:



**CHECK IN REGULARLY WITH TEAMMATES, NEIGHBORS OR FAMILY MEMBERS.**



**INVITE SOMEONE NEW TO A MEAL, A WORKOUT OR A GATHERING.**



**LISTEN ACTIVELY, ASK FOLLOW-UP QUESTIONS AND SHOW INTEREST IN WHAT OTHERS SHARE.**



**LEARN SOMETHING NEW ABOUT SOMEONE EVERY DAY, EVEN THROUGH SHORT CONVERSATIONS.**

**Why connection matters:** Connection builds trust, improves communication and boosts morale. Soldiers, Families, friends and colleagues experience less stress, stronger networks and higher overall well-being when rapport deepens.



**DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS**

For more ways to strengthen your resilience, connect with us at:  
[www.armyresilience.army.mil](http://www.armyresilience.army.mil)



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