Maintaining social connections

sata CommHealth

Show appreciation

Acknowledging and appreciating your friends and colleagues' contributions can help to strengthen bonds and relationships.

Be approachable and positive

Be friendly to create a more welcoming environment.

Celebrate together

Participate in work celebrations, birthdays, and team achievements to build a sense of community and improve relationships.

Build strong relationships

Spend time with friends and family. Having good social connections can provide positive support to you and help you cope better with life challenges.