

# Building Your Social Circle



## Create a Plan to Improve Your Social Circle

Strong relationships contribute to a long, healthy, and happy life. An absence of human connection can lead to loneliness. If left unchecked, loneliness can have negative effects on our physical and emotional health. Our connections allow us to come together for love and support, and to do things that we wouldn't be able to do on our own. Social circles provide support, connection, accountability, forgiveness, and correction for each other. They can also be role models or mentors for one another.

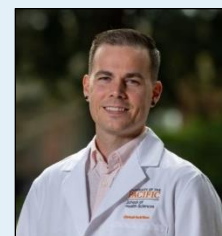
It's important that we work to build and maintain our relationships as we progress through life's changes. Try these 5 skills, effective for building relationships:

- **Show Initiative** – Invite someone to coffee, take classes where you might meet others with similar interests, or attend events and gatherings.
- **Be Affirmative** – Compliment others, focusing on personality traits that you admire.
- **Be Secure with Yourself** – Speak kindly to yourself. Remind yourself of the positive qualities you bring to relationships.
- **Be Persistent** – Friendship takes time. Keep showing up and checking in.
- **Reach out** – Check in to see how your friends are doing, call or meet up.

Embracing these five skills for making friends as an adult is ultimately embracing the idea that we have the power to create the social world we want for ourselves.

## Meet the Author

Kyle Johnstone is a dietetic intern who is on track to becoming a registered dietitian nutritionist. He is currently working towards his Master of Science in Clinical Nutrition and completing his clinical rotations with the University of the Pacific. Kyle aims to provide wholistic, nutrition care, remaining mindful of a person's circumstances to optimize support while meeting the individual where they are in life.



Visit Kaiser Permanente Comprehensive Stroke Community Resource Website: <http://kp.org/sac-valley-stroke-center>. For more information, please contact: Cindy at [Cindy.centerwall@kp.org](mailto:Cindy.centerwall@kp.org)