



Maggie's COACHING TIP

Build Connection, Build Resilience

We're not meant to cope alone.

Isolation can make everything feel heavier.
Connection lightens the load and helps
you feel seen, valued and supported.

Connection is powerful medicine.



WHY IT MATTERS

Strong, supportive relationships
can reduce stress, improve mood
and even help you live longer.



You don't have to have
all the answers.
You just need someone
who will listen.



BARRIERS TO CONNECTION



Worrying about being judged
or misunderstood.



Feeling like you're a burden.



Trusting the wrong people
or past hurt.



Believing you have to be
strong all the time.



Not knowing how to
start the conversation.



Withdrawing instead
of reaching out.



MAGGIE'S COACHING TIP

Start small. Be real. Repeat.



One honest conversation can
be the beginning of real support
and lasting change.

♡ Maggie



PRACTICAL WAYS TO BUILD CONNECTION



REACH OUT FIRST

Be the one to send a message or make a call.
It might feel awkward – but it could mean the world to both of you.



LISTEN ACTIVELY

Give people your full attention. Listening deeply
builds trust and stronger bonds.



TALK ABOUT HOW YOU FEEL

Being open (in your own way) invites others to do the same.
Honesty creates closeness.



SPEND QUALITY TIME TOGETHER

Whether it's a walk, coffee or hobby – shared time
strengthens connection.



JOIN SOMETHING

Groups, classes or communities are great places
to meet people with shared interests.



ACCEPT SUPPORT

Let people help you. Allowing support shows strength,
not weakness.



BE THERE FOR OTHERS

Supporting someone else can deepen your sense
of purpose and connection.



MAKE IT A HABIT

Regular connection – even small check-ins –
keeps relationships strong.



WHAT THE PROFESSIONALS SAY

The World Health Organization (WHO) states that strong social
connections are vital for mental health and can reduce the risk
of depression, anxiety and harmful substance use.

Professional support is about understanding,
not blaming.



“The good life is a process, not a state of being.
It is a direction, not a destination.”

– Carl R. Rogers



With love,
Maggie

Be kind to yourself. You're doing the best you can with what you know.

You don't have to do this alone.