**Social Connection Wellness Plan**

The Suicide Awareness and Prevention Office designed the *Social Connection Wellness Plan* below to provide a tool for you to explore ways to reduce social isolation, maintain mental and emotional well-being, and navigate interpersonal relationships

**Personal Reflection.**

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**My personal definition for connection.**

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**Describe what you are doing when you are managing social isolation well.**

*When I am managing social isolation well, I am…*

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**Sources of isolation – Things that cause me to feel isolated and disconnected.**

1.

2.

3.

**What techniques or coping strategies could I use to feel connected to others?**

1.

2.

3.

**Early Warning Signs I am feeling disconnected:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**How are the techniques above helpful to reduce and manage social isolation?**

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**What are ways in which I am staying healthy, safe, and well?**

1.

2.

3.

**What other resources (family, friends, TAMU HelpLine, etc.) could I use to seek additional help and support to manage isolation and interpersonal issues?**