Beating the Blues through Connection

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Skills Building - Week #5

• People are 2x’s more productive after taking a humor break
• Laughter is contagious
• Laughter relieves stress and tension
• Laughter improves immune system and relieves pain
• The #1 predictor of good physical health is good mental health
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Objectives

• Define Connection
• Share Why Connection is Important
• Discuss Barriers to Connection
• Identify Ways for Staying Connected
What is Connection?

con·ne·c·tion | \ kə-ˈnek-shən \ 

1: the act of linking together
2: the fact or condition of having a link 3: a thing that links hose connections a telephone connection
4: a person having a relationship with another by kinship, friendship, or common interest
5: a social, professional, or commercial relationship
6: the act or the means of continuing a journey by transferring (as to another train)
Brene’ Brown Empathy Video
How do we connect?
Why do we avoid connection?

“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are. Choosing authenticity means cultivating the courage to be imperfect.”

Brené Brown
Why Connection is Important
You are made for connection.
You need a hug.
You were designed to live, to love, to laugh, to play.
Barriers to Connection
You are your own worst enemy.

You are imperfect, you are wired for struggle, but you are worthy of love and belonging.

BRENÉ BROWN
EST. 2014 | VALOURINE
Become a better listener.

https://pixabay.com/photos/sculpture-bronze-the-listening-2209152/
Be mindful.
Identify Ways to Stay Connected
Be intentional.

- Later
- Tomorrow
- Today
- NOW

https://pixabay.com/vectors/now-concept-reminder-motivation-1272358/
Use what you have.

- Snail Mail
- Phone Call
- Text
- Video Chat (lots of apps for this)
- E-mail
- Social Media Apps
- Socially Distanced Gatherings
- Video-Based Activities
Ask the hard questions.

- I am concerned about you.
- How are you coping?
- How long have you been feeling like this?
- Have you spoken to anyone about this before?
- Is something bothering you?
- I haven’t seen you lately – are you okay?
- Lots of tough challenges right now. How can I help?
Resources
Search the internet by adding .gov, .edu or .org to
RESOURCES


RESOURCES

Mindfulness Resource Sheet

Guided Imagery
www.osuhealthplan.com/online/guidedimagery/

Ohio State University Mental Health Research Guides
https://u.osu.edu/cphp/ohio-mental-health-resource-guides/

Employee Assistance Plan (user name: buckeyes)
https://impactsolutionseap.personaladvantage.com/clients/10695430/welcome_osu.jsp
Skills Building - Week #6

- You are made for connection.
- Connection makes you healthier.
- Prioritize ways to overcome barriers.
- Be mindful about connecting and using the tools you have.
Thank You
Office of the Chief Wellness Officer and Buckeye Wellness

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