

5-FOR-5 CONNECTION CHALLENGE

**Do you want to improve your mental & physical health?
Deepen your friendships? Boost your immunity?**

Join the University of Iowa Challenge!

One of the important factors for long-term happiness and health is our relationships. We're asking everyone to take 5 actions over 5 days to express gratitude, offer support, or ask for help. How will you reach out and connect?

Visit wellbeing.uiowa.edu to learn more.

	How I Connected Today	How the Connection Made Me Feel
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		



Sponsored by:
Well-being and Mental Health Campus Collaborative
liveWELL
Student Wellness



5-for-5 developed by:
Current Priorities *of the*
U.S. Surgeon General

EXPRESSING GRATITUDE

Close Bonds

Think of a time you felt a strong bond with someone in your life. Consider the ways this experience made you feel close and connected with them. *Share this memory with that person and thank them for being in your life.*

Three Good Things

Think about a positive relationship in your life. Write down three good things about the relationship. *Notice how you feel as you think deeply about your connection. Consider sharing your reflections with that person.*

Quality Compliments

Engage a friend, colleague or loved one in conversation and bring up a positive thing that the person has done for you or others in the past. *How did it feel to remember this person and thank them?*

GIVING SUPPORT

Sharing Presence

Give the gift of time to someone you care about—whether it means doing something with them or something for them. *How does it feel to be fully present with another individual? Do you feel more connected?*

Acts of Service

Think of some acts of service you can do for a friend or loved one going through a difficult time, and reach out to offer support. Some ideas are: dropping off dinner, helping them with household chores, or going on a walk with them.

Pay it Forward

Think about a recent act of kindness that was directed towards you. Make a plan to pass that kindness forward at some point this week. If possible, pass it on to someone new.

Giving to Your Community

Get involved in your community through volunteering alongside others. For ways to find volunteering opportunities, look at the website of some of your favorite charities and causes. *How has volunteering changed you?*

RECEIVING SUPPORT

Asking for Help

Think of a situation in your life where you could use a little help. Maybe you are struggling to make a decision or to balance your obligations. Identify a person who's in the best position to help you and reach out to them.

Accepting Help

Think about a time when you asked for help and someone in your life came through. Reflect on the lessons you learned from this memory and reach out to ask for support with something you need help with in your current life

Lean on Me

Who in your life can you depend upon and call any time of the day? Who can you reach out to for help during emergencies? Think of a person or two and jot down qualities that make them dependable.

DEEPENING RELATIONSHIPS

Connecting Through Laughter

Next time you're with a friend, try making each other laugh. Tell a joke or share a funny memory until you laugh together!

Active Listening

Think of someone you feel comfortable with. Find an opportunity to talk with them and invite them share what's on their mind. *Practice active listening during your conversation by asking open-ended questions and showing interest.*

Family Ties

Reach out to a parent or family member. Ask your family questions that you wouldn't normally ask, like, how would people have described you when you were 8 years old? What's a memory you'll cherish forever?

Contemplating Shared Experiences

The next time you meet someone new, strike up a conversation to learn about the things you have in common. *How does it make you feel to know you share commonalities with someone you just met?*

BUILDING DIVERSE CONNECTIONS

Friendly Smiles

Try waving or smiling at different people while you are out and about this week. As you do this, reflect on how it makes you feel and how others respond.

Neighborly Chats

Get to know the names of different people in your community. Try starting conversations with your neighbors or other people you come across. Practice active listening as you meet and talk to new people.

CONNECTING MORE FREQUENTLY

Nurture your Niche

Try finding and joining a group or activity related to something you love, like a book club, sports group, or cooking lessons. *If it feels intimidating to join a group, that's ok! Take the first step by making a list of activities you love.*

Tiny Moments

Try reaching out to someone you haven't connected with in a while. Share some good news, a song, a photo, or a memory you have with that person to rekindle and encourage more frequent connection.

Making Time For Me

SELF-REFLECTION EXERCISES

Grab a journal or a piece of paper and write a short reflection about your day. What did you notice about yourself when you read it?

Self Love

Find a moment of quiet in your day, and think about some things you love about yourself. This can be anything, big or small, and it's okay if it takes a moment to think of something.

Nourish Your Connection Garden

If you ever feel overwhelmed with social obligations, give a moment to yourself. Take a deep breath, and think about something you did recently that you found to be nourishing.