BUT STILL TODAY

Individuals are more isolated than in previous times
Without support, people find unhealthy ways to cope
Ongoing stress can lead to poor health and well-being

WHAT’S YOUR CONNECTION?

Reach out to a neighbor
Spend time with a child without electronics
Listen to someone’s story
Make a meal for a parent

Caring interactions develop positive brain connections that improve:
Mental and physical health • Thinking and learning • Managing stress

Thriving individuals develop supportive relationships that help people cope and heal.

As a result, communities grow strong, safe and successful.

80% of brain growth happens in the first 3 years of life.

Connections matter

connectionsmatternc.org