



## Foster Relationships

### Humans are wired for social connection

Scientific evidence suggests that strong social connections result in increased oxytocin production, which leads to health benefits like better stress coping & increased lifespan. (Brody, 2017)\*

**For More  
Resources Visit**

<https://doingwell.mit.edu>  
or scan the QR code



## Make a Connection

Asking open-ended questions is a great way to build a new connection with someone or deepen an already existing one.

Introduce yourself, then try any of these questions and listen to the person's answer:

- Who is your favorite professor and why?
- What do you like doing when you're not studying?
- What is a place that feels like home to you?
- Have you seen any good movies or TV shows lately you can recommend?
- What is one thing you'd do if you had unlimited time and were fully well-rested?
- If you could turn into an animal for a week, what would it be?
- What is a place that you've always wanted to visit?

*Remember, just because you want to connect doesn't mean the other person does too. If so, that's okay. Respect their feelings & don't be discouraged from trying to connect with someone else!*