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!