



Connect with others

Aetna Resources for LivingSM

We all need healthy connections to thrive. Connection reduces anxiety and depression and increases your sense of self-worth and overall well-being.

In this quarter we'll focus on connecting with others by:

- Building skills to nurture our friendships
- Learning how to relate with people who are different than ourselves
- Communicating in a way that builds healthy relationships

We're here to help. Reach out for support and encouragement along the way.



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