



Strength in Community: Thriving in our Relationships

GOOD THINGS HAPPEN WHEN WE WORK TOGETHER

Remember the days when our report cards graded us not just on math and science but also on how well we played in the sandbox? It turns out that ‘plays well with others’ isn’t just a grade school thing, but a game-changer for our adult lives, too. Teaming up brings real benefits in work and at play – from better problem-solving, heightened creativity and efficiency, to creating more joy, lasting memories, and comfort during tough times.

Take planning a block party, for instance. Sure, you could do it alone – but when the community joins forces, magic unfolds: a baker in the group supplies their famous chocolate cupcakes. A designer crafts a clever invitation. A techie spins the world’s best playlist, and neighbors unite for setup and cleanup. The collaboration took the gathering from good to great.

LOOKING TO MAKE THE MOST OF YOUR CONNECTIONS? KEEP THESE TIPS IN MIND:

1. PLAY TO YOUR STRENGTHS

We can’t be equally good at everything – and we shouldn’t try to be. If you’re digging into a big project, break it down and assign roles. From handling work assignments to planning an adventure with your loved one, the tag-team approach reminds us that it’s not about doing it all; it’s about doing it smart.

2. ASK FOR SUPPORT – AND GIVE IT – DURING TOUGH TIMES

We’ve all heard the phrase “it takes a village”. This is true whether you’re collaborating on a tough problem at the office, raising kids, or going through a personal challenge like illness or divorce. Sharing wisdom and support doesn’t just feel better, it’s actually better for you. Studies show that strong social connections are associated with a longer and happier life.

3. BE HONEST ABOUT WHAT YOU CAN HANDLE

Don’t overcommit in your relationships! If something’s too much, let the other person know. And if you’re swamped or need support, say so. A moment of what you may perceive as disappointment will be better for everyone in the long run.

4. REMEMBER TO TAKE CARE OF YOURSELF, TOO!

The analogy about putting on your own oxygen mask before helping others on the plane is used often. But you shouldn’t have to wait for an emergency to practice self-care. Need some inspiration? It can start with simply getting a better night’s sleep, curling up with a good book, walking in nature, catching up with a friend, or listening to music. Begin with just one thing and go from there. You’re guaranteed to show up more fully to your kids, partner, friends, and colleagues.

Forwardly is the wellness benefit that support people in all relationship stages, from making a healthy marriage better to crisis care during divorce.



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