

Curated Finds to Help You Strengthen Your Community

Mental Health Minute

Watch this month's video about anxiety with Catherine Van Tassell.

Watch Now ▶



Community Corner

JustServe.org is a free, easy-to-use website that connects people with volunteer opportunities in their local communities. You can search by location, cause, or interest to find ways to give back. Opportunities range from one-time projects to ongoing roles, making it simple to find something that fits your schedule and interests.

Media Picks

READ

Together by Dr. Vivek Murthy

The Healing Power of Human Connection in a Sometimes Lonely World

Former U.S. Surgeon General Dr. Vivek Murthy explores loneliness as a public health issue and explains how connection supports physical and mental wellbeing.

WATCH

The Power of Vulnerability with Brené Brown

TED Talk

Brené Brown studies human connection – our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.

LISTEN

The Happiness Lab with Dr. Laurie Santos Episode: The Secret to Making Friends as an Adult

Loneliness is a far more common and far more serious problem than we think. It affects one in five Americans and takes a toll on our bodies and minds. To thrive we need to several types of social interactions – both casual and more intimate.