

Rethink Connection

Support doesn't only come from scheduled conversations or close relationships. Many of the strongest support systems are built through brief, consistent points of contact that fit naturally into daily life. Expanding how you connect can make support more accessible especially during busy or high-stress seasons.

Expanding the Ways You Connect

Support comes in many forms. Consider how these different touchpoints might already be part of your day:

Workday Touchpoints

- > A coworker who sends a "thinking of you" message
- > A shared moment of humor during a meeting
- > A quick Slack or Teams exchange that builds rapport
- > A leader who makes room for real conversations

Everyday Familiarity

- > A neighbor you chat with while walking the dog
- > A friendly face you see regularly but briefly
- > Small acts of reciprocity that build trust over time

Ongoing Digital Presence

- > Group texts that keep you connected without pressure
- > Voice notes that replace long phone calls
- > Marco Polo messages that add tone and expression
- > Casual check-ins that don't require immediate response

Trusted Support Roles

- > A healthcare provider who listens and follows up
- > A clinician or therapist who offers consistency
- > A benefits or care advocate who helps navigate next steps

Shared Interest & Experience

- > Online groups built around parenting, caregiving, or hobbies
- > Peer spaces that normalize shared challenges
- > Community forums where support is exchanged informally

Different types of connection meet different needs. When support is spread across multiple sources, it becomes easier to access, less emotionally heavy on a person, more adaptable during busy or stressful times.