Curated Finds to Help You

Rest Your Relationships

Mental Health Minute

Watch this month's *Mental Health Minute* with Catherine Van Tassell.

Watch Now ▶

Community Corner

The Human Connection Project

A nonprofit resource focused on combating loneliness and fostering meaningful relationships through simple connection practices. Here you can find inclusive art projects and social engagement in your community.

Media Picks

READ

Platonic: How the Science of Attachment Can Help You Make and Keep Friends
by Dr. Marisa G. Franco, PhD

A research-based look at the importance of friendship and practical ways to cultivate stronger social connections throughout adulthood. Dr. Franco answers: "how do we make and keep friends in an era of distraction, burnout, and chaos, especially in a society that often prizes romantic love at the expense of other relationships?"

WATCH

TED Talk: The Secret to Living Longer May Be Your Social Life *by Susan Pinker (16 min)*

An engaging look at the powerful connection between social relationships and our long-term health.

LISTEN

Why Being Alone Might Be Better Than You Think *The Happiness Lab with Dr. Laurie Santos (46 min)*

Many people view time alone as something to avoid, but solitude can offer important benefits for wellbeing. In this episode of The Happiness Lab, Dr. Laurie Santos explores the difference between loneliness and healthy alone time, highlighting how moments of solitude can support reflection, recovery, creativity, and emotional wellbeing.