

The Connection Check-In™

Notice where you feel supported, where connection is missing and what might help.



Being busy, partnered or surrounded by people does not always create a sense of connection. What matters is whether your relationships offer belonging, care and room to be yourself.

How Connected Do I Feel?



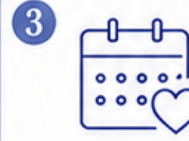
1 I have someone I can contact when I need to talk.

☐ Often ☐ Sometimes ☐ Rarely



2 I feel listened to and understood in at least one relationship.

☐ Often ☐ Sometimes ☐ Rarely



3 I have regular contact that feels meaningful.

☐ Often ☐ Sometimes ☐ Rarely



4 I feel part of a group, community or shared interest.

☐ Often ☐ Sometimes ☐ Rarely



5 I can ask for help without feeling that I am a burden.

☐ Often ☐ Sometimes ☐ Rarely



6 My relationships include both giving and receiving.

☐ Often ☐ Sometimes ☐ Rarely

My Connection Map

CLOSE SUPPORT
People I trust with the real story

REGULAR CONNECTION
Friends, relatives, neighbors or coworkers

COMMUNITY
Groups, classes, faith, volunteering or shared interests

What May Be Getting in the Way?



☐ Low energy or symptoms



☐ Busy schedules or caregiving



☐ A move or life transition



☐ Conflict, grief or disappointment



☐ Social anxiety or uncertainty



☐ I am not sure where to begin

Choose One Small Connection Step



☐ Send a simple message



☐ Invite someone for a walk or coffee



☐ Join a class, group or volunteer activity



☐ Tell someone I would like more contact



☐ Ask for practical or emotional support

Who or where:

When I will reach out:



Simple Words to Begin



"I was thinking about you. Would you like to catch up?"



"I would enjoy seeing you more often. Could we plan something?"



"I could use someone to talk with. Do you have a little time?"



Gentle Reminder

Connection needs differ. The goal is not a large social circle. It is enough meaningful support for the life you are living.



Martine's Midlife Wellness Tip

Make the invitation specific. A day, time and simple activity are easier to answer than "We should get together sometime."



If loneliness is persistent, deeply distressing or affecting mood and daily life, consider reaching out to a healthcare or mental health professional.