



# FOSTER RELATIONSHIPS

and Hold Each Other Close

## Your Superpower—Building Social Connections at Work!

Fostering social connections at work has a protective and positive impact on your environment and quality of life.

### How can I provide more support in my workplace?

#### 1 Instrumental Support

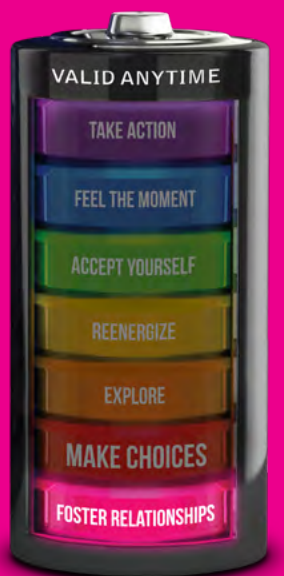
- I ensure that all employees or colleagues have the equipment they need to do their job.
- I help colleagues who have too much on their plate.
- Etc.

#### 2 Informational Support

- I ensure that files are properly understood and processed by sharing all relevant and useful information.
- I clearly and openly explain the reasons behind any changes.
- Etc.

#### 3 Emotional Support

- I express my appreciation for my team's dedication, quality of work and contributions.
- I invite new staff members to sit with me during meal breaks.
- I help implement a support network.
- Etc.



*Social support can protect workers from the negative impacts of work-related stressors.*

We thank:

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Promouvoir, Soutenir, Outiller.



# YOUR SUPERPOWER— BUILDING SOCIAL CONNECTIONS AT WORK!

Positive social connections make us feel happy and give us energy. lead to pleasant emotions and give you energy.

According to neuroscientist Matthew Lieberman, social connections are superpowers that make us “smarter, happier and more productive.”

These connections help support both individual and organizational growth. When we experience positive feelings towards our work colleagues, we’re more likely to put our best foot forward, share all the information needed to make optimal decisions, and show empathy and creativity.

DID YOU KNOW?

In group settings, there is a direct relationship between clear goals and a shared understanding and the amount of energy we have to take action.



## HOW TO STAY CONNECTED WHEN WORKING FROM HOME

- Take part in a group chat**  
Use a group chat to have lighthearted conversations, joke, and to send GIFs, funny videos, personal photos or to share an article that piqued your interest.
- Say hi to your colleagues every day**  
Make your presence known and show that you're available.
- Leave room for informal conversations**  
Create a friendly atmosphere by talking with your colleagues about things other than work.
- Take breaks with your colleagues**  
Chat, decompress, laugh and get to know one another.
- Have a Neighbours' Day at work**  
Get to know another side of your colleagues, build connections and have fun  
– fetedesvoisinsautravail.ca

## WORKING ALONE

- Self-employment, agricultural production and truck transport are all examples of solitary work environments. What can we do on a regular basis to share and enjoy the company of others, even in a solitary work environment?
- Connect virtually**  
Communicate with allies, collaborators, friends, or even family; participate in a community of practice.
  - Care for your body and your mind**  
Get involved in a project with another person or people outside of work to build connections and help with daily motivation.
  - Explore**  
Go work in a cafe or a shared co-working space, have lunch at your neighbourhood diner, or take a quick break at your local corner store or with your neighbours.

## RECOGNIZE YOUR ALLIES

Who are your allies? Who is ready to help you get through difficult situations using their listening skills, attitude and advice?

Write down the names of your allies.

## Do your attitudes and behaviours make you a good ally?

Social connections are an important part of building a social support system at work. While you can't force friendly connections, positive initiatives and attitudes can certainly help encourage them.



## 7WAYS TO RECHARGE YOUR BATTERIES

## WORKING TOGETHER TO PROMOTE MENTAL HEALTH

Mouvement Santé mentale Québec (MSMQ) is a group devoted to creating, developing and strengthening mental health. A Québec-wide presence through the Mouvement and regional members :

SMQ – Bas-Saint-Laurent • SMQ – Chaudière-Appalaches  
SMQ – Côte-Nord • SMQ – Haut-Richelieu • SMQ – Lac-Saint-Jean  
SMQ – Pierre-De Saurel • SMQ – Rive-Sud • ACSM – Filiale de Québec  
ACSM – Filiale Saguenay • CAP Santé Outaouais • Centre Accalmie  
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