

# SOCIAL HEALTH & CONNECTION

# RESOURCE LIST

## BOOKS

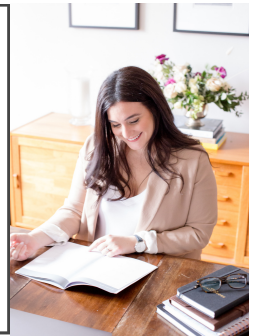
THE GIFTS OF IMPERFECTION, BRENÉ BROWN  
PLATONIC, MARISA G.FRANCO  
THE LONELY CENTURY, NOREENA HERTZ  
ATTACHED, AMIR LEVINE & RACHEL HELLER  
TOGETHER, VIVEK H. MURTHY  
THE ART OF GATHERING, PRIYA PARKER



## JOIN DR. MIRIAM'S COMMUNITY

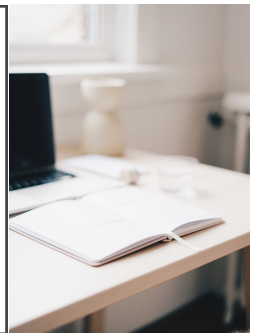
ACCESS MORE RESOURCES TO HELP YOU STRENGTHEN  
YOUR RELATIONSHIPS AND RESILIENCE AT  
[MIRIAMKIRMAYER.COM](http://MIRIAMKIRMAYER.COM).

JOIN THE WAITLIST FOR CONFIDENTLY CONNECTED:  
BUILDING MEANINGFUL FRIENDSHIPS.



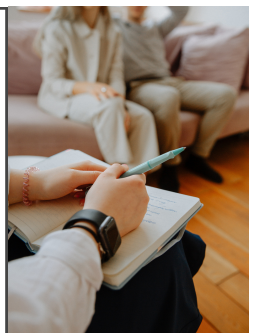
## MENTAL HEALTH & CONNECTION RESOURCES

ANXIETY CANADA  
BE THERE  
GENWELL PROJECT  
OPTION B  
PSYCHOLOGY TODAY  
TALK SUICIDE CANADA



## LOCAL SUPPORT SERVICES

AGENCE OMETZ  
AMI QUEBEC  
OPENSOURCE CLINIC  
CONNECTE PSYCHOLOGY  
MINDSPACE CLINIC  
RESILIENCE CLINIC



# Strengthen Your Social Health

**BEFRIEND YOUR LONELINESS:** How and when does loneliness show up for you? What is it trying to tell you? What do you need to hear in these moments? What would you say to a friend who was in this situation?

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**INVEST WISELY:** Where do your relationships fall in your list of priorities? How can you make time for the people in your life? What does quality time look like for you in your friendships and relationships?

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**EMBRACE VULNERABILITY:** What are you struggling with, lately? What are you excited about? What goals are you working toward? Now, what beliefs or fears hold you back from sharing these with others? How true (or helpful) are these beliefs?

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**DIVERSIFY YOUR CONNECTIONS:** Who or what are the people, places, and communities that help you feel a sense of belonging? What type of connections (intimate, relational, communal) could use a bit more of your attention and focus?

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**GET CONNECTED:** What is one action you can take to better meet your need for connection? What is one way you can reach out to or help someone else?

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# STAY CONNECTED

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MIRIAM  
DR. KIRMAYER