

**Vibrant Health**

*Change Your Habits, Change Your Life!*

## **HABIT 21**

### **SOCIALLY CONNECTING**



***22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit***

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## Quick Guide

Habit 21 is entitled ~ **Socially Connecting.**

**Nurturing your heart's desire to feel connected.**

As social creatures we all have a deep psychological need to feel connected as humans as it is fundamental to our emotional and mental well-being. This will help you nurture those deep connections you instinctively desire.

**We thrive on healthy connections!**

### Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

## Habit No 21 ~ Socially Connecting

*"We are profoundly social creatures with a deep need to reach out and connect with others to **nourish our hearts & souls!**"*



### Socially connecting

You are reading this because your ancestors chose to be social 😊!

Research reveals that our need to connect with other people is even more fundamental than our need for food and shelter.

It also shows that our brains respond to social pain and pleasure just as powerfully as physical pain and pleasure, such is our inherent desire and need to fit in.

Just let that sink in!

Being connected is very important for our emotional and mental wellbeing.

Social media has changed the landscape dramatically in the last decade or so. You don't have to leave your residence to connect with friends and colleagues around the world.

There are some very good attributes to social media with the opportunities it provides to connect. However, we're going to concentrate more on the physical (in person) aspect of social connection.

### Social career

Did you know that after leaving University following the final year, can have the same detrimental effect, as losing a close friend?

This is due to the number of social circles that are either wiped out or will never be the same again after the final day.

The psychological result is that in the future, graduates reflect on their Uni days with many loving and happy thoughts because of the amazing social element they attach to their memories of it.

Leaving the armed forces has a very similar effect. In fact, leaving any career/job where you've established friendships can create this effect.



We tend to think of the word 'social' as fun time, going out with friends and family etc and doing relaxing or pleasurable things. However, it's pretty evident that social interaction happens everywhere, anytime we connect with fellow humans.

## **Social empathy**

Feeling others pain when a sad or traumatic event happens is very natural. You can feel empathy towards another person (through social media) even if they are thousands of miles away and you've never met them. This is social empathy as **we're all hard wired to connect and feel each other's joy and pain.**

On a physical level we have some very powerful painkillers such as the synthetic opiate Morphine, however Morphine cannot take away social pain such as a broken heart.

Only social interaction can heal social pain!

When anyone is feeling left out, this is a social pain that scientists have linked to pain similar to that of drug withdrawal!

## **The deep need for social acceptance**

It is proven when children are being bullied the child's grades start to go down when they feel social isolation.

Also, in any team environment, the better the social interaction between members, the better the team tends to perform.

All good coaches/managers know this and place a high value on social bonding within team environments.

When we go to a party or an event alone, pretty much everyone is hoping that they'll quickly get chatting and feel comfortable and accepted. When we do, we naturally feel good.

Our togetherness sets us apart from the animal kingdom. Although some animals and insects have social interactions, the human race is by far the most interconnected of all.

## **Social power**

Social power is seen worldwide from fans of every sport.

It doesn't matter what your creed, colour, race, age, or gender is, when you are with fellow fans of your team, you're immediately accepted.

You are one of them and you feel it as you go through all the ups and downs of games together.

The highs of the event are what makes it so addictive and enjoyable as you're all energetically focusing on the same thing and magnifying the high vibration of the good moments, this heightened energy makes it feel even more euphoric.



As we're all affected by the energy of the environment around us (people and objects), lots of people vibrating on the same wavelength in one place will have a big effect on everyone else.

## **Music events**

Logically, you could play your favourite band or song anytime through your device, it has never been easier for pretty much instant access to any music.

You can sit at home in comfort and just enjoy it. You don't have to pay a high price for your ticket, pay for the cost of transport and parking, queue for ages to get in and pay over the odds for refreshments when you're there.

So why are music events and festivals so popular?

Like sports events, it's the magnified energy of the crowd that feels wonderful, that you can't experience on your own!

We all have pieces of music that makes us feel wonderful, which puts us in a high vibration. Now magnify that by 10,000 or 20,000 people all around you, all vibrating on the same wavelength!

It feels euphoric 😊!

Being on a vibrational high around other people on the same vibrational high, enhances the experience massively. It's a sea of high vibrational energy that you are bathing in, that feels wonderful and energising!

## **We love and crave to belong.**

Like the sports fan and music examples, when we're around others with whom we share interests, we magnify the vibrational experience.

If it's just you and your best friend chatting about a common interest, you'll feel good as your vibration is enhanced by their similar vibration, as you're in close proximity.

If it's a group of friends or colleagues with a shared interest, the same effect applies when you're together and on a similar wavelength.

We look forward to meeting up with friends or going to sports matches or music events as just the thought of it, it triggers the feel-good emotions that we've experienced with them in the past.

## **Random acts of kindness**

Pretty much everybody is moved by a video they see on social media where somebody does a completely random act of kindness to help another person.

Its compelling to watch, you have to watch until the end as there is something beautiful about watching one human selflessly helping another human in a meaningful way.



There is something inherent within us as humans that makes us feel very good when we selflessly help another person without looking for reward.

Receiving an act of kindness or giving an act of kindness, **both feel good.**

Whether it's a sincere compliment or a simple act of kindness, we should all make an effort to do it regularly.

Its nourishment for your heart and soul.

### **We are natural social bunnies**

- 🐰 We love to think what others are thinking.
- 🐰 We love to be close to others.
- 🐰 We love helping out and being kind to others.
- 🐰 We love watching out for others.
- 🐰 We love finding out.
- 🐰 We love sharing news.
- 🐰 We love caring.
- 🐰 We love embracing.
- 🐰 We love being part of something.

We are very social animals and have a **DEEP INNATE NEED** to connect!

### **Recommended book**

['Social ~ Why Our Brains are Wired to Connect'](#), Matthew D. Lieberman

### **Final word**

The need to belong and be accepted is not only nourishing for your heart and soul, it also has a major impact on your mental and emotional wellbeing too.

Just making the effort to say hello (real or virtual world) and being social, makes you (and the other person) feel good 😊.



## Recommended habit action steps

- ✓ Make an effort every day to engage with friends and even strangers (virtual and real world). Just to say hello and connect.
- ✓ Make an effort to engage with everybody you come across (at the checkout, at work, on the phone, in the store).
- ✓ Look for opportunities to give someone a genuine compliment, you'll both feel good 😊.
- ✓ Look for opportunities to give random act of kindness, because it's a beautiful and soul nourishing thing to do.

***Here are the related essential programme visual aids....***



# The Rules for Being Human

## 1. You will receive a body.

You may like it or hate it, but it will be yours for life.

## 2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

## 3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

## 4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

## 5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

## 6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

## 7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

## 8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

## 9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

## 10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

## 11. You will likely forget all this...but you can remember it whenever you want 😊.



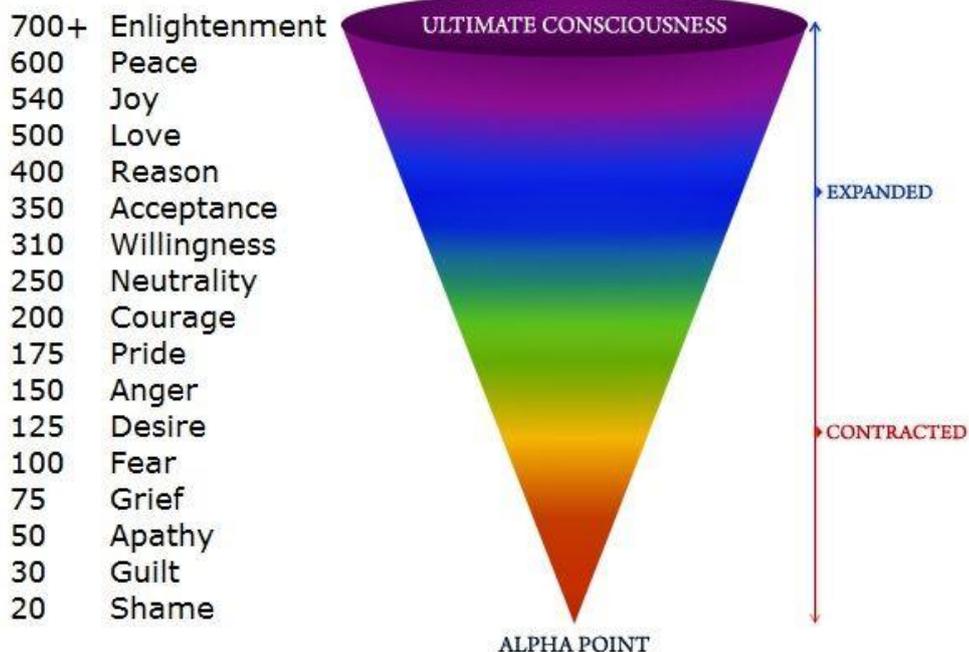
## Key Charts & Visual Aids

### Your 8 Health Buckets

(each has a continual, very small leak)



### OMEGA



# Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

