

Connect to Your Community

Finding a strong sense of community is a key ingredient to enjoying a fulfilling life. Connection builds relationships that provide a deeper sense of belonging and purpose. In an age when digital connections are available 24 hours a day, many have grown increasingly disconnected from the people directly surrounding them. Luckily, it's never too late to connect to your community.



Community involvement not only helps individuals give back but allows them to meet new people and contribute to positive change. It also provides a place to safely share opinions as well as exposes the diversity, talent, and interests of others within the community. Getting involved in your community allows you to take pride in its success and celebrate its victories. As more people get involved, bonds and companionships form which creates a happy place to live. Every individual belongs to a community and has the opportunity to make it a place they enjoy. Contributing to a community with similar attitudes, values and goals is a gratifying part of life.

Communities can be built and shaped in many ways. They can be virtual, local, driven by one individual or whole committees. There are no rules to finding the right community. Don't be afraid to look beyond the typical definition of community to find the best support and connections for you.

Let's review some ways to connect with your community!



Get Organized

If you're up for it, host a BBQ, potluck, book club, or block party. Schedule park play dates or create a walking group.



Get Involved

Join the local city council or school board. Attend meetings and get to know what's going on in your community.



Look Up

When walking your dog or heading to the car, take a moment to look up from your phone and glance around the neighborhood. Take a moment to strike up a conversation with a neighbor or at least make eye contact and smile to those heading to work or watering their plants.



Volunteer

Schools, hospitals, retirement homes, community centers, or sporting organizations are just a few places that frequently look for volunteers.



Attend Local Events

Look for local music and arts festivals, farmers markets, outdoor movie viewings or other fun events that may be taking place.



Join a Class or Group

Many recreation or community centers offer classes to help others expand their talents. Take up painting, gymnastics or join a local sports league!



Be Kind

Next time you are mowing your lawn, or bringing the trash can in from the curb, consider doing the same for a neighbor. This simple gesture can brighten someone's day.



Start a Club

Not finding a group that interests you? There may be others in the same boat. Start a new club that focuses on a topic that interests you.

References

- mindtheproduct.com
- betterup.com
- uschamber.com

