



## Lifestyle Medicine Clinic at Mass General Cancer Center Waltham

### Tips and Resources: Social Connections

#### Tips

1. Take inventory. Who are the people that support and accept you, whom you can trust and whom you can talk to about your problems?
2. Expand your circle! Consider volunteering, connect with a church/spiritual group, help organize or assist with a community event or fundraiser, join a shared interest group (hobby, sport, book or musical instrument), take an in person or on-line course at a local library or community college, or enjoy live music.
3. Take small steps to connect every day. Texts, phone calls, hand-written notes or “just thinking of you” cards are fun to give as well as receive!

#### Resources

**MGH Cancer Center Clinic for Sexual Health: virtual consults with sexual health expert, ask your provider for a referral.** <https://www.massgeneral.org/cancer-center/treatments-and-services/sexual-health-clinic>

**MGH Social Services:** <https://www.massgeneral.org/social-service/for-patients>

**MGH Cancer Center Workshops and Support Groups:** <https://www.massgeneral.org/cancer-center/patient-and-family-resources/patient-education/workshops-and-support-groups/>

#### Article:

“Staying Connected Can Improve Your Health” article from Harvard Health Blog

<https://www.health.harvard.edu/staying-healthy/staying-connected-can-improve-your-health>

#### Video:

Brene Brown, *The Courage to Change*, Available on Netflix

<https://www.netflix.com/title/81010166>

#### Podcasts:

On Relationship Health: <https://www.happinesslab.fm/coronavirus-bonus-episodes/episode-6-keep-your-relationship-healthy>

On Community and Rituals: <https://www.happinesslab.fm/happiness-lessons-of-the-ancients/episode-8-confuciu>

