

## SGDSB Let's Get Real! Challenge

*Hello, how are you?  
I'm fine.*

The typical greeting and standard answer. We connect with each other daily and in a variety of ways, but often we do it in a way that can be referred to as “on auto-pilot”. We may not take the opportunity to genuinely connect in a real way. We will have “connected” throughout the day with many different people, but at the end of the day, still feel like we haven’t socialized by having a meaningful exchange.

Staying emotionally close with each other supports our mental health and is important to do even in ordinary times, so it makes sense that we need to put extra effort into meaningful connections with each other more so now in these extraordinary times.

According to the Canadian Mental Health Association, “Loneliness is the *subjective* human experience of not having sufficient social connections”, and if you feel lonely, then you are lonely. Loneliness has been considered a growing public health problem, but it is a reversible condition and the main treatment is meaningful social connection.

### **So, what is social connection?**

The flipside of social isolation is social connection.

Our social connections include our friends, family, colleagues and community members. We can also get social support from anyone who provides one of the following<sup>[5]</sup>:

Someone who is available to listen;

Someone who can give advice in a crisis;

Someone to confide in;

Someone who understands your problems.

(Canadian Mental Health Association, 2020).

**Social connection is the cure (read the full article here):** <https://mentalhealthweek.ca/social-connection-is-the-cure/>

In recognition of Mental Health week, we are putting out the #GetReal challenge to all of you!

We challenge you to post and share your activities/strategies on social media with **#GetReal**. Post something that helps you to practice positive mental health and wellbeing. It can be a picture, a conversation, an inspirational quote, a link, recognition of a friend, or anything that helps you and/or others connect with each other and really share how you are doing, or listening to find out how someone is.

Let's get sharing and connecting!!



Get ready to get loud and  
**#GetReal**

**CMHA**  
Mental Health Week

**May 4-10,  
2020**

Visit [mentalhealthweek.ca](https://mentalhealthweek.ca) for info and tools!