

# CONNECT: Social Well-Being

## HOW TO PARTICIPATE IN WELL-BEING WEEK TODAY?



**WATCH THIS:** [5 Ways to Listen Better](#), by Julian Treasure

In our louder and louder world, says sound expert Julian Treasure, “We are losing our listening.” In this short, fascinating talk, Treasure shares five ways to re-tune your ears for conscious listening—to other people and the world around you.

**READ THIS:** Chatterjee, Rhitu (2023) [Friendships at Work Can Boost Happiness](#).

Newman, Kira (2020) [Why Your Friendships Are More Important Than You Think](#)

Mayo Clinic Staff (2022) [Friendships: Enrich Your Life and Improve Your Health](#)

**DO THIS:** Try [talking to strangers](#), it’s good for you.



*“That which isn’t good for the hive, isn’t good for the bee.”*

– Marcus Aurelius

