

# Social Connection Builds Resilience



Human connection is essential to our well-being. In times of stress or change, meaningful relationships can help us feel grounded, supported, and more resilient.



## 1 Belonging Heals

Feeling part of a community - whether through friendships, family, or sacred spaces like jamatkhana - creates a deep sense of purpose and stability.



## 2 Quality over Quantity

You only need a few meaningful relationships to make a big difference. It's not about how many people you know, but about how safe and supported you feel with them.



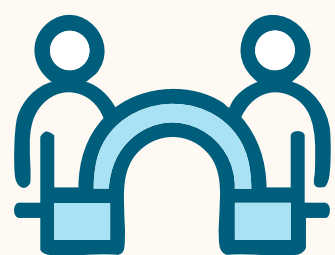
## 3 Shared Spaces Offer Strength

Gathering in spiritual and community spaces fosters connection, reflection, and comfort in hard times.



## 4 Connection Builds Resilience

Being heard and supported helps us adapt, recover, and move forward.



## You Don't Have to Face Challenges Alone We're Stronger Together

Reach Out. Be Present. Let Others In.  
We are One Jamaat.

If you or someone you know is struggling, please reach out to your primary care provider or contact ACCESS at 1-844-55ACCESS.

