



The Power of Human Connection

We all have our notions regarding what really makes life worth living. Among them, if not at the top of the list, should be our human connections. Our connection to others makes the human experience what it is, helps keep us alive and makes most things possible. So whether it is with those at home, such as a partner or child, at the work place, with friends, or at your child's school, there are personal qualities that help us form healthy human connections that are enriching, meaningful and effective. The following tips should help:

Vulnerability

At our very core, many of us are a bit fragile, plagued by lingering feelings of guilt and shame and even afraid. We wear masks and protect ourselves with defense mechanisms and walls. Being vulnerable means allowing others to see us as we really are, inclusive of our strengths as well as the weaknesses. Being vulnerably can be at times terrifying but it is necessary for authentic human connection.

Courage

Being vulnerable is scary because allowing people in, means opening self to the possibility of being hurt. But with courage we are able to have our love trump the fear of truly connecting with others. Courage is also necessary for letting go of that nagging inner 'need' to be in control.

Empathy

It may be easy to connect with others during times of joy and positivity, however true connection means being able to enter into the experiences of pain and turmoil with another. It takes becoming comfortable with discomfort in order to be a source of comfort to another.

Compassion

We all have our quirks, weakness or character flaws. Yet compassion allows us to be gentle and accepting of ourselves and others. It is the ability to understand our own emotional state as well as that of others. Being compassionate also allows us to gain another perspective as we often make assumptions and form opinions of others that may not necessarily be true.

Self Worth

It is difficult to connect with others if we are not completely convinced that we are worthy of love and connection. A deep sense of self worth gives us the confidence required to show up and be seen and helps us see the true worth at the core of others.

Human love and connection helps us to truly enjoy the beauty and joy that life has to offer. Nevertheless, for some, mental and emotional conditions make connecting with others difficult and even impossible without the required support. Remember therefore that if you or a loved one finds it challenging to form healthy lasting human connections, your EAP is here to help.



If you are interested in receiving more information about establishing and maintaining healthy human connections, remember that your EAP is here to help. Contact us at eap@familiesinaction.net