

# Module 4: Make a Call

## Instructions

As you've learned, connection and relationships are very important for your overall well-being. Even a quick phone call can help you feel more connected to those around you. Yet sometimes, we let time go by and lose touch with those we were once close to.

Making a committed decision and plan to reconnect with those people can have a positive impact on your emotional health and interpersonal relationships.

Make a plan this week to reach out to someone you have been meaning to touch base with. This could be a friend, family member, or colleague. A simple call can make someone feel happy and loved and in turn nourish your relationship.

## Reflect:

After reconnecting with someone in your life, reflect on the following —

1. How did it feel to plan to reconnect with someone you haven't spoken to in a while?
2. How did you choose the person you want to reconnect with?
3. Who do you plan to reconnect with next?

