

# JOIN US!

## 21-Day Social Connections Challenge

Welcome to the Social Connections Challenge!

To celebrate Mental Health Awareness month, we're challenging you to complete 21 days of social connections activities.

### Here's How It Works:

- The challenge is online
- Every activity will require in-person connection
- Connections can be with coworkers, family members, friends, and even strangers
- The goal is to achieve all 21 days and report back/post when required
- 21 days of participation makes you eligible to win a prize.

### Why 21 Days?

Research shows it takes 21 days to form a habit. We're here to help you build a habit of social connection, with just 5-10 minutes of interaction each day. This daily practice will help you think more consciously about connections and their importance in your life.

**Challenge Dates:** Runs from May 1 to May 21, 2025

### How to Join:

- Scan the QR code to sign up
- Or visit us on Instagram @collectively\_us for daily connection ideas.

### How to Share Your Progress:

- Tag us on Instagram @collectively\_us
- Use the hashtag #besociallyconnected

**WIN A  
PRIZE!**

- Complete all 21 days, and you'll be entered into a drawing to win a CONNECT book and \$100 gift card!
- Two lucky winners will be chosen —could it be you?

**collectively** be Socially connected



**Scan here to take  
on the challenge!**



[https://usf.az1.qualtrics.com/jfe/form/SV\\_1zEPu32pcVmbP5s](https://usf.az1.qualtrics.com/jfe/form/SV_1zEPu32pcVmbP5s)