

# CULTIVATING CLOSE CONNECTIONS

## BELONGING

### 2. CAN YOU CONNECT IN A MICRO MOMENT?

#### WHAT

Nearly 75 years of research found close connections are what predict people's happiness. Sadly, struggle can lead us to feel isolated and lonely, which further compounds our struggle. The good news is we can connect in a micro moment with either loved ones or strangers, investing in our relationships and lifting our mood. This strategy is what Professor Barbara Fredriksson calls Positivity Resonance.

#### HOW

You can sync up with a stranger just as you can with a lifelong companion.

When positivity resonance moves between you and another, you both begin to mirror each other – body and brain.

These micro moments of positivity resonance have 3 stages:

1. **Eye contact** – look up and catch the eyes of the other person or if that's not possible, match voice tone and body language. If eye contact is uncomfortable, start slowly but give it a go!
2. **Share a positive emotion** – praise the other person, thank them sincerely, make them laugh – anything to elicit warm feelings between you.
3. **Notice the moment of shared care** – when you connect like this, there's a micro moment of magic that happens – your minds momentarily become one and you get a release of feel-good hormones.

Can you notice the little lift you get as you do this with strangers? Do you feel the difference with those you love, when you slow down and catch their eyes, with a positive exchange between you? These micro moments are an investment in your wellbeing and your relationships.

#### WHY IT WORKS

Love, as your body experiences it, is a micro-moment of connection with another person. These micro-moments of positive connection, fortify the connection between your brain and your heart and make you healthier and happier. They lead to a release of the calming hormone oxytocin, an upward spiral in your mood and in the relationships, you have with others.

For more info contact us at [hello@needtoseesomeone.com](mailto:hello@needtoseesomeone.com)