

# Beating the Blues through Connection

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## Stay Calm and Well

### Part III | Beating the Blues

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.



*Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life*

# Skills Building - Week #5

- People are 2x's more productive after taking a humor break
- Laughter is contagious
- Laughter relieves stress and tension
- Laughter improves immune system and relieves pain
- The #1 predictor of good physical health is good mental health



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# Objectives

- Define Connection
- Share Why Connection is Important
- Discuss Barriers to Connection
- Identify Ways for Staying Connected

# What is Connection?

con·nec·tion | \ kə-'nek-shən \

- 1: the act of linking together
- 2: the fact or condition of having a link
- 3: a thing that links *hose connections* a telephone *connection*
- 4: a person having a relationship with another by kinship, friendship, or common interest
- 5: a social, professional, or commercial relationship
- 6: the act or the means of continuing a journey by transferring (as to another train)



## Brene' Brown Empathy Video





## How do we connect?





## Why do we avoid connection?

“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are. Choosing authenticity means cultivating the courage to be imperfect.”

Brené Brown

EST. 2014 | VALOURINE



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# Why Connection is Important



**You are made for connection.**



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**You need a hug.**



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**You were designed to live, to love, to laugh, to play.**



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# Barriers to Connection





**You are your own worst enemy.**



*You are imperfect,  
you are wired for  
struggle, but you  
are worthy of love  
and belonging.*

BRENÉ BROWN

EST.2014 | VALOURINE



## Become a better listener.



The biggest  
communication  
problem is we do not  
listen to understand.  
**We listen to reply.**



<https://pixabay.com/photos/sculpture-bronze-the-listening-2209152/>



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**Be mindful.**



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# Identify Ways to Stay Connected





**Be intentional.**

- ☐ **Later**
- ☐ **Tomorrow**
- ☐ **Today**
- ☒ **NOW**

<https://pixabay.com/vectors/now-concept-reminder-motivation-1272358/>



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## **Use what you have.**

- Snail Mail
- Phone Call
- Text
- Video Chat (lots of apps for this)
- E-mail
- Social Media Apps
- Socially Distanced Gatherings
- Video-Based Activities



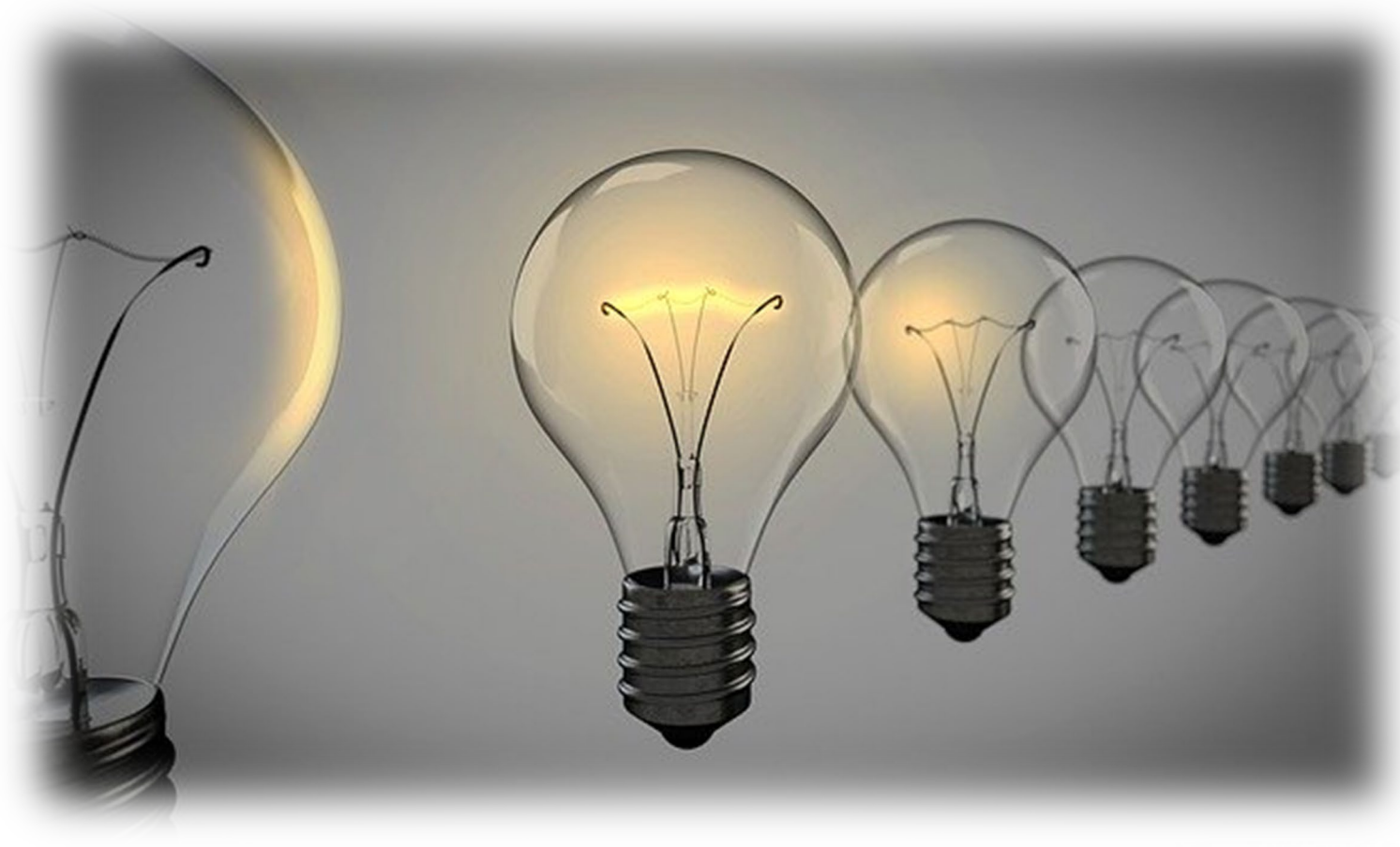
## **Ask the hard questions.**

- I am concerned about you.
- How are you coping?
- How long have you been feeling like this?
- Have you spoken to anyone about this before?
- Is something bothering you?
- I haven't seen you lately – are you okay?
- Lots of tough challenges right now. How can I help?



# Resources

Search the internet by adding .gov, .edu or .org to





## RESOURCES

- Brene, B. (n.d.). RSA Short: Empathy. Retrieved January 27, 2021, from <https://brenebrown.com/videos/rsa-short-empathy/>
- Cmd6021, Cmd6021, 18, S., 18, A., 18, Y., 18, L., . . . 18, Y. (2015, September 18). SiOWfa15: Science in Our World: Certainty and Controversy. Retrieved January 27, 2021, from <https://sites.psu.edu/siowfa15/2015/09/18/the-benefits-of-hugging/>
- Connection. (n.d.). Retrieved January 27, 2021, from <https://www.merriam-webster.com/dictionary/connection>
- Morgan, E. (2021, January 24). Lost touch: How a year without hugs affects our mental health. Retrieved January 27, 2021, from <https://www.theguardian.com/lifeandstyle/2021/jan/24/lost-touch-how-a-year-without-hugs-affects-our-mental-health>
- Tracie Abram, M. (2018, September 20). Barriers to empathy. Retrieved January 27, 2021, from [https://www.canr.msu.edu/news/barriers\\_to\\_empathy](https://www.canr.msu.edu/news/barriers_to_empathy)



## RESOURCES

Mindfulness Resource Sheet

<https://fcs.osu.edu/news/covid-19-updates-and-resources/using-mindfulness-practices>

Guided Imagery

[www.osuhealthplan.com/online/guidedimagery/](http://www.osuhealthplan.com/online/guidedimagery/)

Ohio State University Mental Health Research Guides

<https://u.osu.edu/cphp/ohio-mental-health-resource-guides/>

Employee Assistance Plan (user name: buckeyes)

[https://impactsolutionseap.personaladvantage.com/clients/10695430/welcome\\_osu.jsp](https://impactsolutionseap.personaladvantage.com/clients/10695430/welcome_osu.jsp)



# Skills Building - Week #6

- You are made for connection.
- Connection makes you healthier.
- Prioritize ways to overcome barriers.
- Be mindful about connecting and using the tools you have.



# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation

**This survey will be sent via email to all registrants.  
This and all future series recordings can be found at:**  
<https://u.osu.edu/keepcalmccovid193/recorded-webinars/>

**Stay tuned for Stay Calm and Well IV  
Join us For Moving and Mindful Mondays!**



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