

# We Are Made to Connect

Take the Surgeon General's 5-for-5 Connection Challenge!

## What is the Surgeon General's 5-for-5 Challenge?

This December, United States Surgeon General Dr. Vivek Murthy is launching a national connection challenge to encourage you to prioritize your relationships: the "5-for-5 Connection Challenge."

Through the challenge, you will take simple but powerful actions to build and strengthen your own relationships and inspire others to incorporate connection as a daily part of their lives.

This builds on Dr. Murthy's [\*Surgeon General's Advisory on Our Epidemic of Loneliness and Isolation\*](#) and the success of his recent "We Are Made to Connect" Tour.

## How to Take the 5-for-5 Connection Challenge

**When:** December 4-15, 2023

**What:** The Surgeon General is challenging YOU to **take 5 actions over 5 days** that **express gratitude** to, **offer support** to, or **ask for help** from people in our lives. These simple but powerful types of actions can foster better social connection, which is associated with improved heart and brain health, protection against depression and anxiety, and even lowered risk of premature death.

**How:** Follow the steps below!

### Step 1: Commit to connect

- Between December 4-15, **pick 5 consecutive days to connect with people in your life.**
- Get inspired at [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge).

### Step 2: Take the Challenge: take a small action each day for 5 days

- **Each day, take 1 simple action** of your choice to **express gratitude, offer support, or ask for help.**

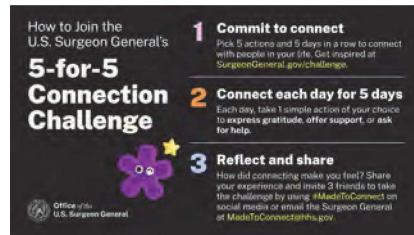
### Step 3: Reflect and share

- **Share your reflections** on the actions you took and how they made you feel on social media using the sample language and graphics below. Be sure to tag the Surgeon General's official handles (listed below) and use #MadeToConnect. You can:
  - Use the graphics here to announce the Challenge to your audience and tag 3 friends to participate
  - Share a personalized video in which you explain the actions you took and how participating made you feel
- OR **email us your thoughts** at [MadeToConnect@hhs.gov](mailto:MadeToConnect@hhs.gov).



# Sample Social Media Posts:

Drafted by the Office of the Surgeon General for illustrative purposes only; please edit as appropriate and tag using his official handles.



Download graphics here

DYK: taking simple actions every day can foster better social connection, which is associated with improved heart AND brain health? That's why the U.S. Surgeon General has issued the 5-for-5 Connection Challenge. Learn more at [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge) #MadeToConnect | @Surgeon\_General

Too many Americans feel lonely and isolated — but simple actions to strengthen our relationships can help. The U.S. Surgeon General's 5-for-5 Connection Challenge encourages Americans to connect with 5 people over 5 days to foster stronger connections. Learn more: [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge) #MadeToConnect | @Surgeon\_General

## U.S. Surgeon General's Official Social Media Handles:

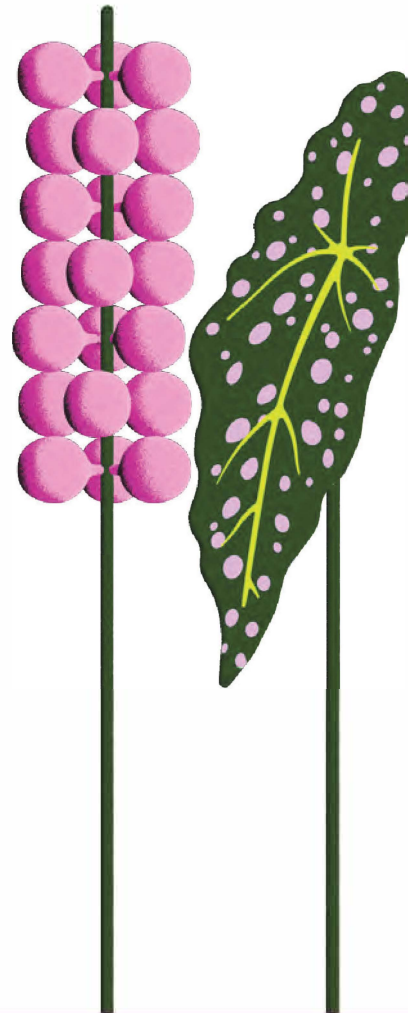
- Twitter: @Surgeon\_General
- Instagram: @u.s.surgeongeneral
- Facebook: @USSurgeonGeneral

## Connection Challenge Hashtag:

- #MadeToConnect



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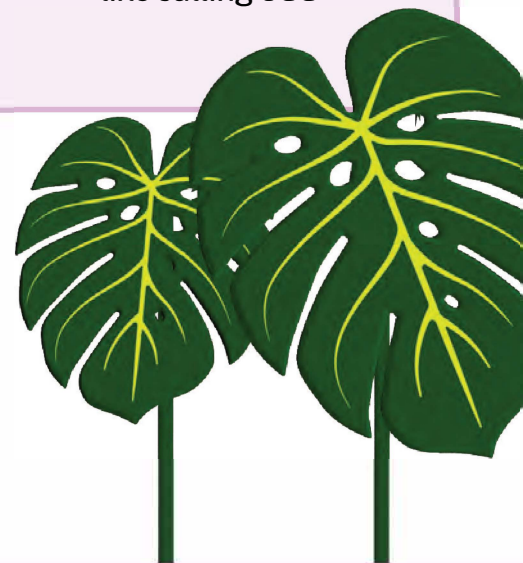
# Sample 5-for5 Connection Challenge Actions:

Visit [SurgeonGeneral.gov/Challenge](https://www.surgeongeneral.gov/challenge) to find inspiration for your 5 actions. Here are a few examples:

Express Gratitude	Offer Support	Ask for or Accept Help
Call, text, or send a note — tell someone you're grateful they're in your life!	Check in with someone and let them know you're there	Let someone know you're having a hard time
Compliment someone who deserves recognition	Offer to help someone with daily tasks	Tell a loved one how they can better support you
Thank someone for a specific time they helped you	Volunteer with a local organization that's important to you	Reach out for professional mental health support, like calling 988

More Information on the Surgeon General's Social Connection Priority:

[SurgeonGeneral.gov/Connection](https://www.surgeongeneral.gov/connection)



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U.S. Surgeon General