



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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### Creating Meaningful Connections in the New Year

Loneliness has become a [growing issue](#) in America, with U.S. Surgeon General Vivek Murthy describing it as an [epidemic](#). Even before the pandemic, nearly half of American adults reported feeling lonely. And this isn't just a personal struggle—it can affect your health, happiness, and sense of purpose. But you have the power to build stronger connections and create meaningful relationships as the new year begins.

#### Simple Ways to Build Community

Building connections doesn't have to be complicated. Start small with something like a “walk-and-talk” meeting. Grab a friend or coworker and take your conversation outside. Discuss ideas, share challenges, or catch up while walking in the park or around the block. It's an easy way to connect and add a little movement to your day.

Another great way to make connections is by rallying around a cause. Pick a local charity that matters to you and organize a group effort to help—whether it's volunteering, hosting a donation drive, or raising awareness. Not only will you make an impact on your community, but you'll also strengthen your bond with others through a shared sense of purpose.

#### Meaningful Moments Beyond Work

Build connections outside the office by exploring opportunities in your personal life that bring people together. Start a monthly game night with friends or neighbors, host a book club, or plan regular outdoor activities like hiking or biking. These non-work interactions provide a fresh way to bond with others and remind you that connection can be fun and rewarding.



For a more collective experience, look for local events like cooking classes, community clean-ups, or even cultural festivals. These moments allow you to meet new people while deepening ties with those already in your life. The joy of shared experiences often makes the most significant impact.

### Building a Culture that Cares

Feeling connected starts with showing that you care. Small actions can go a long way to build trust and show others that they're valued. Acknowledge someone's hard work, send a thank-you message, or check in with a quick "How are you doing?"

Be open about challenges you're facing and encourage conversations that create supportive spaces. Whether through a peer network, a buddy system, or just being a good listener, fostering care strengthens your community and your sense of belonging.

### Your Role in Creating Connection

Meaningful relationships require effort. Whether it's walking and talking, volunteering, or hosting a game night, your actions can have a ripple effect to combat loneliness. This new year, make connection a priority—not as a one-time resolution, but as a weekly practice to nurture. You can build a more connected and caring world.



## Wellness Works® Book Review | The 15 Invaluable Laws of Growth

John C. Maxwell's [\*The 15 Invaluable Laws of Growth\*](#) offers a clear and actionable roadmap for personal development. Through 15 foundational principles, this book provides tools to help readers overcome obstacles, identify their potential, and create lasting habits for growth. With its focus on intentionality, it's a powerful guide for anyone looking to unlock their full capabilities.

### Highlights

#### Key Concepts

The book emphasizes the importance of self-awareness and intentional effort in personal growth. The Law of Awareness encourages readers to understand their strengths and weaknesses, while the Law of Intentionality challenges them to actively pursue growth, rather than waiting for it to happen. Each law builds on the idea that growth is a deliberate, lifelong journey.

#### Practical Applications

Maxwell's principles are designed to integrate seamlessly into everyday life. Simple prompts encourage readers to reflect on their goals, evaluate their habits, and take purposeful steps toward improvement. Whether it's seeking out mentors, confronting fears, or setting clear intentions, the book provides tools for meaningful and sustained progress.

#### Impact

By applying these laws, readers gain clarity, resilience, and focus. Maxwell's approach transforms personal growth into a structured process that builds self-confidence and leads to long-term fulfillment.

#### The Final Word

With its timeless wisdom and actionable strategies, *The 15 Invaluable Laws of Growth* is an essential resource for anyone seeking personal or professional development. Maxwell's insights encourage readers to embrace growth as an intentional and rewarding journey.