

Building Connections - Support Group

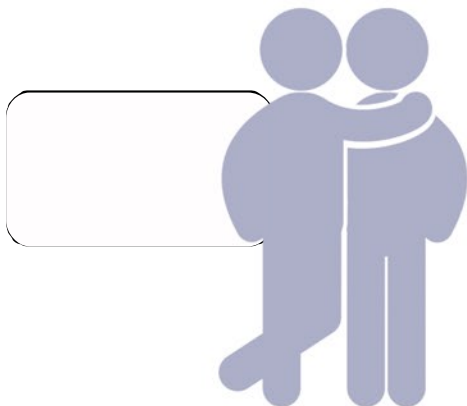
18A

Identify one or two people in each section of **FRIENDS**, **FAMILY**, and **TRUSTED ADULTS** that can be your support group. They should be the kind of people that encourage you to be your best and are willing to call you out when needed. This list will change over time, but it's important to your emotional health to continue to build these healthy connections throughout your life.

FRIENDS	FAMILY	TRUSTED ADULTS

18B Oxytocin vs. Dopamine

Write down an estimate of how much time you spend creating oxytocin each day through healthy human physical contact:



Now estimate how much time you spend creating dopamine each day through screen time:

