



LIVER EDUCATION ADVOCATES

Connection Checklist

Small steps to feel supported, less alone, and more connected

Use this checklist to gently build connection into your week. *Even one or two items can make a meaningful difference in your emotional well-being and overall health.*

Reach Out to Someone

- I called or texted a friend
- I checked in with a family member
- I shared how I'm feeling with someone I trust
- I asked for help when I needed it

Connect Through Movement

- I took a walk with a neighbor or friend
- I invited someone to join me for a short stroll
- I joined a local walking group or fitness group

Connect Through Community

- I attended a church, faith, or spiritual gathering
- I joined a small group, Bible study, or community circle
- I reached out to someone in my faith community

Join Supportive Spaces

- I attended a liver support group
- I connected with others who understand my journey
- I shared a win, a struggle, or a question with the group

Build Everyday Connection

- I made small talk with someone at the store or coffee shop
- I said hello to a neighbor
- I spent time with someone who makes me feel safe and seen

Give Back

- I volunteered my time or skills
- I helped someone in my community
- I offered encouragement to another liver patient

Connect With Yourself

- I practiced gratitude
- I spent time in nature
- I did something that brought me joy

Weekly Reflection

- I felt supported this week

- I reached out instead of isolating
- I took at least one step toward connection
- I noticed how connection improved my mood or energy