



LENNOX

LIVEWELL  
CHOOSE WELL | LIVE WELL

Did you know humans naturally are social creatures?

Deep down we all desire to connect with one another. But at different points in life, we experience loneliness that's outside of our control whether that's moving to a new city or losing loved ones. It can also be tough when we lose connection with those in our professional lives as well.

That's why it's important to both rebuild old connections and establish new connections within your own community as it'll strengthen your mental health.

We've also partnered with Calm to share the following curated resources that'll help lift you up during down moments and cultivate lasting connections that'll benefit your health:

- [Interconnectedness](#)
  - In this 8-minute session with Jay Shetty, he'll help you identify and expand beyond your normal circle of care so you can support them in moments of need and vice versa.
- [Nurturing Relationships](#)
  - In this 10-minute guided meditation with Tamara Levitt, you'll work on establishing healthier and happier connections with other people even during times of conflict by practicing non-reactivity.
- [Caring For Your Grief Series](#)
  - In this meditation series with Lama Rod Owens, you'll be supported through times of loss and change as he nourishes you with guided practices and comforting words.
- [Combating Loneliness](#)
  - In this 4-minute guided meditation with Dr. Vivek Murthy, he'll help you navigate your daily challenges with a simple mindfulness practice that will help you better connect with yourself and others.

Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet? Click [here](#) to learn how to activate your free Calm subscription.

Join a [Calm App Webinar](#) to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.