

Be connected to others

We need both physical and emotional sustenance to flourish and have a fulfilling life. Close relations, social support and cooperation are essential for survival. They help us cope better with stress, unleash adrenaline and naturally enliven us.

Merely being surrounded by people does not mean we have emotional closeness with them or that we've given them "refrigerator rights" – permission to enter into our lives and take part in what's inside. "Refrigerator rights" relationships are those characterized by disclosure, trust and caring.

Becoming emotionally close to others, granting them "refrigerator rights," is a process that occurs over time and through shared experience. It is not instantaneous. In real life, closeness happens as you stand together, as you walk through life shoulder-to-shoulder, keeping each other company. You form a "family" that nurtures commitment and belonging, tolerates and manages conflict and facilitates personal growth and change.

To learn more about "refrigerator rights" and building close supportive relationships consider reading:

Refrigerator Rights: Our Crucial Need for Close Connection, Dr. Will Miller & Dr. Glenn Sparks, White River Press edition ©2007



"Be resilient: stretch, bounce back and roll forward."

Resiliency Reminders are brought to you by the "Families in Stress and Transition Team", Family Living Programs. For more ways to strengthen family resiliency, visit <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, patrick.ducharme@uwex.uwc.edu

