

CONNECT WITH YOUR NEIGHBORS

What if just saying “hello” improved your health?

There is evidence increasing social connections positively impacts individuals’ health reducing blood pressure, lowering levels of stress hormones and improving immune responsesⁱ.

Hello4Health, a new initiative by Allina Health, helps connect people to develop more and stronger social connections to improve both mental and physical health.

With so much uncertainty in the world right now related to COVID-19, including wearing masks, staying home and cancelled events, we need social connection now more than ever.

Neighbors are a great source of social connection—they are in close proximity and we’ve probably said hello to them in the past. Use these tools to get to know your neighbor in person at a safe distance or virtually over a zoom call.

CONVERSATION STARTERS

Conversation starters are a fun and easy way to build new or existing relationships with your neighbors. Use these printer-friendly cards to get to know your neighbors; you can also use these cards in a variety of other settings: family reunion, work retreat, faith-based gatherings and more!

- Print and cut out the Conversation Starter cards along the dotted lines
- If you would like, write your own questions in the empty Conversation Starter cards
- To prevent the spread of COVID-19, scatter the cards on a table allowing participants to safely pick up a Conversation Starter card and answer the question from a safe distance

NEIGHBOR MAP

As you get to know your neighbors, use the Neighbor Map to keep notes of key insights to remember about your surrounding neighbors. Use these notes to encourage deeper conversations with your neighbors the next time you connect with them.



CONVERSATION STARTERS

Do you have any pets? If not, is there a pet you would like to have?



What hobbies do you enjoy?



What do you like to do if you have a free weekend?



If you could travel anywhere in the world, where would it be?



What are some of your favorite things to do in our town?



What is one thing you are grateful for today?



What is something you want to learn how to do and why?



Would you rather have no video games/ cell phone or no chocolate/ candy?



If you could only eat one food for the rest of your life, what would you choose?



CONVERSATION STARTERS

What is your favorite memory?



What is one thing you couldn't live without?



What is something unique about you or your family?



What is your greatest talent or ability?



Who do you most admire and why?



If you could be a famous person for a week, who would you be and why?



WHO IS MY NEIGHBOR?

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES:

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES:

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES:

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES:


**YOU
ARE HERE**

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES:

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES:

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES:

NAME:

HOUSE MEMBERS:

PETS:

HOBBIES: