


Simple Steps to Help an Emotional Garden Flourish

Build trust by planting the seeds of connection

- Learn a name.** Use it naturally to signal recognition and respect.
- Remember one detail.** A favourite coffee, a hobby, or the name of their dog.
- Start a short conversation.** Ask how their day is going or comment on something you both notice.
- Show genuine curiosity.** Ask about their work, interests, or volunteer role.
- Be reliable.** Follow through on small promises (“I’ll save you a seat next week”).
- Offer steady tone and presence.** A calm voice and predictable greeting build comfort over time.
- Find shared ground.** Talk about things you both enjoy, such as a local event, sports team, or weather pattern (very Albertan!).
- Acknowledge effort.** A simple “I always appreciate how you...” can mean a lot.

 **Remember:** trust grows through repetition. It’s the steady rhythm of recognition, not grand gestures, that makes people feel connected.

Build community by maintaining and nurturing connections

- Say hello when you see them.** Recognition builds confidence and belonging.
- Check in occasionally.** A short message or casual “Haven’t seen you in a while, how are you?” goes far.
- Share moments, not just updates.** Mention something small you enjoyed recently or thank them for something they contributed.
- Take part in community life.** Attend local events, volunteer, or join neighbourhood activities where familiar faces overlap.
- Notice changes with care.** If someone seems off, ask gently or offer a kind word without judgment.
- Encourage continuity.** Reinforce routines (“Same time next week?”) to keep friendly patterns going.
- Build strong networks.** Introduce people with shared interests to expand everyone’s circle.
- Celebrate milestones.** A quick “Happy birthday!” or “Congrats on the new job!” helps relationships stay warm.