

ARE YOU A SOCIAL SNACKER?



Social snacking describes **brief and informal** positive interactions in daily events, which contribute to happiness, sense of belonging and identity, and help to build naturally supportive communities.

Social Snacks: satisfy short term well-being

- Smiling with your eyes over your mask to the person beside you in the store
- Distracting a busy child while their caregiver pays for groceries
- Greeting your school bus driver
- Saying hello to your neighbour while out walking
- Offering your seat on the bus

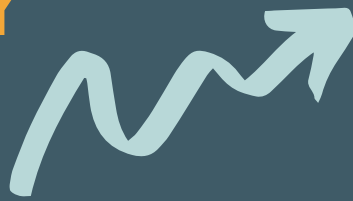
WHAT'S IN IT FOR YOU?

Positive Interactions:

- Leave both giver and receiver feeling good
- Build feelings of trust
- Lead to future positive actions that benefit the community



WHY DO YOU FEEL HAPPY AFTER SOCIAL SNACKING?



OXYTOCIN

Oxytocin is a "happy hormone" that the brain releases during a positive interaction to help with stress and healthy development.

EMOTIONAL CURRENCY

Brief Interactions can add or subtract from well-being and the ability to manage daily events.



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| ✓ The coffee barista remembers your order | ✗ You yell at a child for cutting across your lawn |
| ✓ You chat with someone new at the dog park or grocery store | ✗ You skip a virtual social invite because it seems like too much work |
| ✓ You help your community clean up trash | ✗ You are angry when someone accidentally steps in front of you on the path |
| ✓ You share your favorite book on the neighborhood website | ✗ You lose a game and scowl at the other player |



HOW TO BUILD NATURALLY SUPPORTIVE COMMUNITIES WITH SOCIAL SNACKING



- Challenge yourself to three social snacks a day
- Post snacking ideas on neighbourhood websites
- Post stories of a social snack that made a difference in your day