

# 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

- Greeting your school bus driver
- Saying hello to your neighbour while out walking
- Offering your seat on the bus
- 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

## 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.

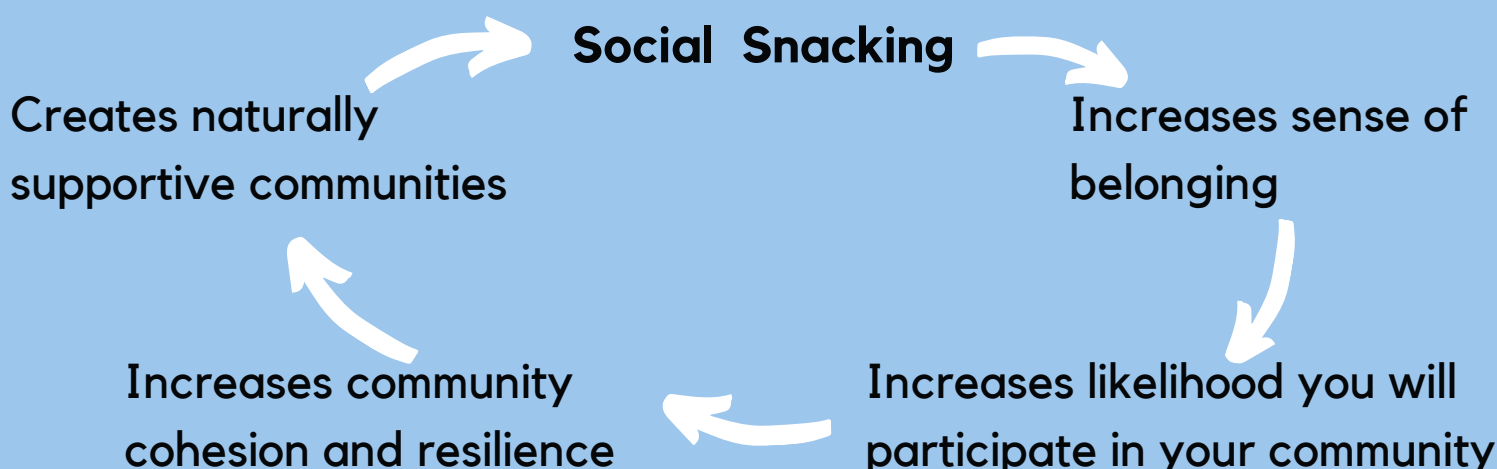
## EMOTIONAL CURRENCY

BRIEF INTERACTIONS CAN ADD OR SUBTRACT FROM WELL-BEING AND THE ABILITY TO MANAGE DAILY EVENTS.

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