

## Social Support Networks:

In a study conducted by the *Academy of Management Review*, individuals who socialized and had face-to-face interactions with others, reported feeling more engaged, energetic, and focused (Heaphy & Dutton, 2008). According to Shawn Achor, these feelings are due to the shared, "ideas, energy, and motivation that social support provides" (Achor, 2010, p. 183). Therefore, "we are more equipped to handle challenges and obstacles when we pool the resources of those around us."

Achor, S. (2010). *The Happiness Advantage*. New York City, NY: Random House.

Heaphy, E., & Dutton, J.E. (2008). Positive social interactions and the human body at work: Linking organizations and physiology. *Academy of Management Review*, 33(1), 137-162.

## Benefits of Social Relationships:

In *The Happiness Advantage*, Shawn Achor states, "like food and air, we seem to need social relationships to thrive" (Achor, 2010, p. 176). In fact, according to evolutionary psychologists, "[w]hen we make a positive social connection," oxytocin is released into our blood stream, which "immediately [reduces] anxiety and [improves] concentration and focus" (Achor, 2010, p. 177). Therefore, "the more connections we make over time, the better we function."

According to Achor, "[t]hat's because when we have a community of people we can count on – spouse, family, friends, colleagues – we multiply our emotional, intellectual, and physical resources" (Achor, 2010, p. 176). Therefore, "[w]e can bounce back from setbacks faster, accomplish more, and feel a greater sense of purpose."

Achor, S. (2010). *The Happiness Advantage*. New York City, NY: Random House.



## Freezer Meals and Social Investment



# “It takes a village to raise a child”

In *LYBFL: Making Everyday Living Fun*, Christie Burnett describes a mamabake as, “a lot like a play date but with a bonus at the end – five nights off from the kitchen” (Burnett). According to Burnett, the women not only cooked together, but also “helped to care for each other’s babies and children, shared stories, advice, joked and laughed and learnt more about each other”; it was the “modern day equivalent of [a] village.”

Burnett, C. (2012, October 10). *LYBFL: Making Everyday Living Fun*. Retrieved April 16, 2015, from *Childhood 101: Playing, Learning, Growing* : <http://childhood101.com/2012/10/lybfl-making-everyday-living-fun/>



## “Mamabake” Tips:

### Prior to the event, plan:

1. The recipes, ingredient purchasing, and cookware; crockpots and electric skillets are a great way to gain more cooking potential.
2. Discuss any potential food allergies, and plan accordingly.
3. Choose and purchase your food storage container solutions.

### The day of the event:

1. Portion the meals according to your family’s needs; however, keep in mind defrost and cook times.
2. Label the meals; these should include: the name of the recipe, the portion size, the heating instructions, and the use by date.