

Know your neighbors

Getting to know your neighbors can improve your quality of life. Good relationships among neighbors can reduce crime and even improve your health. One study said that having good social bonds with neighbors improves physical health as much as quitting smoking.



Think about the block where you live. Chances are you have at least one person you can depend on, perhaps someone who brings in the mail when you are away or someone who lets you borrow a ladder or lawnmower. Developing more of these kinds of relationships can have a powerful impact on your life.

Here are some ideas:

- Get to know the neighbors on all four sides of you (even across the alley). These folks can watch out for your house, children and pets if they know you.
- Make your first meeting with your neighbors a friendly one, not a complaint. Offer information about the neighborhood or any block projects that are underway.
- Host a block party. Be the one to organize the party. That way you will get to know more of your neighbors.
- Create a **block map** ([link to block map](#)) that has your neighbors' names and phone numbers.
- Welcome new neighbors. You could give them a copy of the block map and any other helpful neighborhood information.

For more ideas about how to reach out to diverse neighbors, check out NRC's **tipsheets** ([link to tipsheets](#)).