

INCREASING CONNECTEDNESS WITH OTHERS

A long-term study conducted at Harvard found that social connection and belonging were some of the strongest indicators of a happy and healthy life.

TIPS FOR INCREASING CONNECTIONS WITH OTHERS:

Acts of Kindness:

Research has shown integrating acts of kindness into our lives can enhance our mental health. These acts help us to feel more connected to others, which is an important factor to our overall wellbeing.

Practise Active Listening

When interacting with others, it is important we focus on truly listening and engaging in the conversation. By showing genuine interest and empathy we can strengthen connections and make others feel more valued.

Combine Activities

A great way to increase connections with other, without needing extra time, is to integrate social time with routine activities. Some ways are to invite a friend for a workout or go on a family walk or even meal prep with your friend.

Participate in Community Events

Engaging in local community activities, such as fairs or markets, offer fantastic opportunities to meet new people and feel more connected to others in your area.

Volunteer Together

Volunteering at schools or in your community or with organisations can be a meaningful way to connect with others, while contributing your time to help others.

(source: The Wellbeing Distillery)

LAUGHTER IS THE BEST MEDICINE

What is an astronaut's favourite part of a computer?

The SPACE bar.

