

CONNECT – *Develop relationships with those around you*

Fact Sheet



Significant research evidence shows, having other people in our lives matters to our quality of psychological wellbeing at every age. There are two types of social relationships important for us to build and maintain for wellbeing:

- **Relationships which are strong and deep**

These are relationships with people who are close to you, such as family and friends. This type of connection takes time to develop and is not at the acquaintance level. They provide support, enjoyment, encouragement and meaning.

- **Broad Relationships**

Which may be more superficial (but important) with others in your community and the wider world. These relationships provide a sense of familiarity, connectedness, self-worth / position in community.

Benefits

- Human beings are ‘social animals’. Our relationships with others contribute to feeling good, so it’s important to socially connect with others where we can. Developing healthy social relationships can increase our feelings of happiness, security, belonging and self-worth.
- Sharing positive experiences give us a chance to help and support others, which can be personally rewarding.
- Wellbeing can be passed on through relationships. Spending time with positive people can improve your own psychological wellbeing.
- Survey results have shown that social participation is the most significant difference you can make towards high levels of wellbeing today!

Simple Ways to Connect

Organise regular catch-ups with friends / family.	Have dinner with friends / family.	Phone or email a friend who you don’t see often.
Walk in nature.	Spend time with pets and animals.	Engage more with others by smiling and catching their eye.
Schedule a time of the week to talk to friends over the phone, by texts, emails.	Go out for coffee or see a movie with friends, family, or work friends.	Read stories to your children or ask them to read one to you.

Useful Resources

[External Monadelphous Mental Health Awareness Hub](#)

[Mental Health Awareness Hub on Monocle](#)

[5 Ways to Wellbeing](#)

[Act, Belong, Commit](#)