

Wellbeing Tip of the Week

Connecting with Others



The NHS carried out some research and suggested there are 5 steps we can take to improve our mental health and wellbeing, (see image) – this week we will focus on connecting with others.

Maintaining healthy relationships are important for our mental wellbeing, they can:

- Help us to build a sense of belonging and self-worth
- Give us an opportunity to share positive experiences
- Provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

- Arrange a day out with friends you have not seen for a while
- Try switching off the TV to talk or play a game with your children, friends or family
- Have lunch with a colleague
- Visit a friend or family member who needs support or company

The **5** Ways to Wellbeing

