



# Five ways to wellbeing

## MONDAY – TO CONNECT



### Connect for mental wellbeing

**When it comes to our wellbeing, other people matter!**

Evidence shows that good relationships, with family, friends and our wider communities, are important for our mental wellbeing.

Mental wellbeing means feeling good about ourselves and the world around us, and functioning well.

Building stronger, wider social connections can help us feel happier and more secure, and give us a greater sense of purpose.

## How relationships help our wellbeing

How can we connect during this time of social distancing? Here are some ideas.

Human beings are social animals, we often need to connect face-to-face, something that has become increasingly hard right now! Relationships build a sense of belonging and self-worth.

Strong relationships with family and friends allow us to share our feelings and know that we're understood.

They provide an opportunity to share positive experiences and can give us emotional support.

They give us a chance to support others, something else that is known to promote our own mental wellbeing.

There is also evidence that wellbeing can be passed on through relationships, so being around people with strong mental wellbeing can improve your *own* mental wellbeing.

## Build relationships for wellbeing

Building relationships for wellbeing means:

- Strengthening your relationships with people who are close to you, such as family and friends.
- Broadening your relationships in your community and the wider world

There are lots of ways to build stronger and closer relationships even at this time of social distancing/ isolation:

- Taking time each day to spend with your family members has never been so easy! Why not suggest a fixed 'family time' each day when you can dedicate time for each other?
- Switch off the TV and play a game with parents or brothers/ sisters, or just talk.
- Send a (handmade) card. This is a lovely physical gesture to show someone that you care. Remember please seal envelopes with tape and/or make sure you wash your hands when making/writing cards to reduce any potential transmission.
- You may not be able to arrange a day out with friends right now, but you could have a virtual 'meet -up' instead.
- Make the most of technology – video chat apps like Skype and FaceTime are a great way of staying in touch with friends and family, particularly if you live far apart.
- Make the effort to phone people sometimes – it's all too easy to get into the habit of only ever texting, messaging or emailing people.
- Contact a friend or family member who needs support or company.
- [This Guardian article](#) shows how placing a painting of rainbows in windows in Italy has spread joy and created connection with children who are not seeing their friends at school.
- Complete workouts together. The endorphins released will help fight stress and anxiety.
- Learn a new language and try to use it to communicate with everyone in your house for 15mins a day.

