



Connect



We all know that having healthy connections with other's helps to promote our wellbeing. Connection with others can provide you with emotional support and shared experiences.

Evidence shows that being close to, and valued by others is a fundamental human need and helps all of us of all ages to have a healthier mental health.

Make a connection today! Try to do something different.

Here's some ideas.

- Cut down on device time and instead of texting or emailing talk to someone instead.
- Join a club or take up a social activity
- Give a colleague a lift to work
- Speak to someone new either at work, on the playground or when out shopping
- Put 5 minutes aside to really find out how someone is doing
- Ask how someone's weekend was and really listen when they tell you
- Give someone a smile

Ways we can support in school which could help you to connect:

- Join us for coffee mornings/afternoons
- Sign up to the Nurturing Programme to improve family relationships and meet other parents (speak to our Family Support Worker, Mrs Kim Parry, for more information)
- Join our 'Walk n Talk' group once a month and be **'Active'**

