



Keep Connected

"Friendships offer a number of mental health benefits, such as increased feelings of belonging, purpose, increased levels of happiness, reduced levels of stress, improved self-worth and confidence."

(mindwise.org)

There are lots of things that you can do to keep connecting with the people around you whether that is with friends and family or colleagues and the wider community, a few examples are listed below:

- Speak instead of text - whether that is talking face to face or phoning someone rather than emailing and texting.**
 - Have your coffee and lunch breaks with others in a common or staff room.**
 - Say hello to people when walking down a street.**
- Arrange to catch up with friends in person instead of posting on social media.**

MeetUp.com - this website is a forum for groups and people, in your area, coming together to connect.