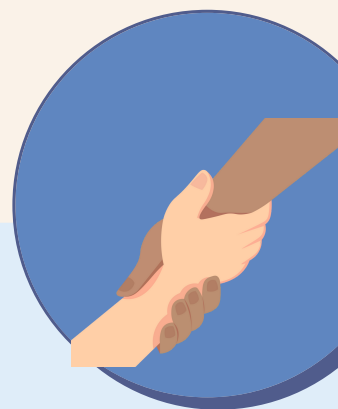




# Caring for others

Human connection and relationships are central to good mental health & wellbeing



Helping others isn't just good for the people you're helping; it is good for you too.

Research tells us that being kind can boost our mood, help us feel more capable, strengthen our connections with others and even make us cope better with stress.

Doing things for other people can raise your self-esteem and make you feel good about yourself.



If you don't know where to start you could try small but meaningful acts of kindness, or spend time with someone you know has been having a difficult time.

Even the small act of exchanging a smile or friendly words can be comforting to someone and also lift our own mood. Friendly connections with others are vital for our mental health.

Caring for animals or a pet can improve your wellbeing too. Looking after a pet can bring structure to your day and act as a link to other people. You could offer to walk a friend or neighbour's dog to help out occasionally.



We can also help others by getting involved in volunteer work. Getting together with others to support good causes can help us feel more connected and give us the sense that we can make a difference.



**All of this is good for our mental health**