

# Keep in touch with others



Staying in touch with others can make us feel happier and more secure.

Having a chat with someone can help us to feel better and lift our mood.

Evidence shows that connecting with others and forming good relationships – with family, friends or colleagues, for example – is important for maintaining good mental wellbeing. Forming good relationships can boost our mood, reduce stress, and improve our self-esteem.

Social connections are important for good mental health & wellbeing. Feeling isolated and alone can have a negative impact on our health and happiness.

Many of us would like to spend more time with people who are important to us. Sometimes, having a busy life can make this difficult.

Here are some ways of staying socially connected:

Organise regular catch ups with a friend

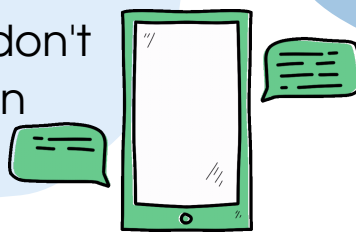


Have dinner with your family



Have lunch with a colleague

Phone or text a friend you don't see often



Walk in nature

Spend time with pets and animals



Research a "meet-up" in your area that is relevant to your interests: Book clubs, walking groups, craft groups, men's sheds etc



Volunteer at a local school, hospital or community group