

Making Connections



It's perfectly natural to experience loneliness and isolation at some point in our lives, even when we're surrounded by people. On the other hand, we can, from time to time, be perfectly content on our own.

Nevertheless, there are occasions when we feel apart from those around us. This can lead to a sense of irrelevance or unimportance. These are negative emotions that can leave us feeling unwell, both physically and mentally.



So, making connections with others is essential to our wellbeing. Strong relationships help us to enjoy good times and endure challenging periods. Going to school or college brings us into contact with other people every day and it's important to connect with peers and teachers.

Here are some ideas to help make connections:

Accept yourself

Learn to accept and value yourself. Your relationships with others will be more positive as a result. Acknowledge your qualities, remembering that you don't always need to be perfect.



Get active

Visit a leisure centre. Start playing your favourite sport. Join a club. When you're engaging with the community around you, you're likely to meet people who share common interests. Building fitness helps your mental wellbeing, too.



Get involved

Check out the after-school and extra-curricular groups in your school or college. Learning a language, taking an art class or singing in a choir are just some of the ways you can connect with others. Getting involved broadens your horizons.

Volunteer

You have skills – use them to help your peers and yourself. By sharing your knowledge and time with a club or group, you make the community around you a better place for everyone. You'll also learn new things and make new connections.



Friendship

Friends help make the world bigger than yourself. Life is more interesting with friends, and often more meaningful. Spending time with supportive and positive people can do so much for your mental wellbeing.

Remember: if you are concerned about your own wellbeing, or that of anyone else, you can always talk to your teacher, lecturer, GP or any other medical professional.

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