

WHAT IS A MEANINGFUL SOCIAL CONNECTION?

Meaningful social connections are healthy relationships with friends, family members, colleagues and community members that make you feel seen, heard and valued.

Our social connections may change throughout different stages in life, to better suit our needs.

A meaningful social connection may look like:



- Feeling supported
- Being comfortable sharing your thoughts or feelings
- Having shared interests
- A safe space to talk about changes in your life or challenges
- A genuine care for one another.

Why do we need meaningful social connections?

Social connection is a basic human need that is important for our health and wellbeing. Meaningful social connections can:



- Create a sense of belonging, purpose and identity
- Improve your self-esteem
- Boost your confidence
- Reduce your stress levels
- Increase your resilience in the face of challenges
- Reduce your risk of developing health conditions such as cardiometabolic disease, stroke, depression and social anxiety.

How can we build meaningful social connections?

You can take small steps to strengthen existing relationships or build new ones



- Spend quality time with a loved one, without distraction such as digital devices
- Reconnect with a friend, relative or colleague
- Ask questions that spark meaningful conversations (check out our [conversation starters](#))
- Get to know your neighbours
- Volunteer to meet people with a shared purpose
- Join an interest group such as sports, craft, gardening, parenting, woodwork, writing or dancing
- Attend local events to connect with people in your community.

REMEMBER!

Building meaningful social connections takes time. Strong relationships are made through shared values, repeated interactions and effort over time.

