Everyone experiences loneliness and isolation at some stage in their life. We can have these feelings even if we’re surrounded by people. Conversely, sometimes we can be perfectly content to be alone.

But there are times when we feel detached from others or disconnected from society which can lead to feeling irrelevant or unimportant. These negative emotions are not harmless. They can damage your physical and mental health.

So, making connections with other people is essential to our wellbeing. Strong relationships with other people help us to enjoy the good times and also help us through the challenging times. That’s why all of us should make sure that we make connections.

Here are some ideas to help make connections:

Accept yourself
Learn to accept yourself. If you value yourself, you are more likely to have positive relationships with other people. Acknowledge your positive qualities and things you are good at. And remember that you don’t have to be perfect all the time.
Get active
Go for a walk, visit a leisure centre, or join a sports club. Being out in the community not only makes it more likely that you’ll meet interesting people but getting fitter will help your mental wellbeing.

Get involved
Explore the local library, education and community centres, to see what courses, groups and events are happening nearby. Learning a language, taking an art class, or joining a community group, are all ways of making a connection with others, as well as broadening your horizons.

Volunteer
You have skills - use them to help others, your community and yourself. By sharing your skills and time at your local club or group, you make your locality a better place, learn new skills and make new connections.

Friendship
Friends help make our world more interesting, more meaningful and bigger than ourselves. Spend time with supportive and positive people - it can rub off on you.

Remember: if you are concerned about your own wellbeing or someone else’s contact a GP or medical professional.

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