



Project 5 – A Little bit of Connecting

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Connections...

Communication is easier than ever!

- Mobile phones
- Social media (Photos and Experiences, automatic status updates).

But do we talk and make meaningful connections to support mental well-being?



Social Media....

- Social media connections can be beneficial but face to face interactions are more valuable.

- Too much reliance can lead to more isolation and loneliness

• We need **BALANCE...**

- We need people and meaningful connections in our lives.

- We don't need 5000 Facebook Friends and we don't need everyone to like us.

Connections...



Making **connections** with others is crucial to **mental health** which in turn, is crucial to our **overall health**

In particular physical interactions and relationships help build brains and helps:



- Us communicate, work and learn better.
- Develop our behaviours and thoughts.
- Share, support and name feelings.
- alongside body language and facial expressions helps build stronger connections and better emotional intelligence.



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Meaningful social connection enables sharing and support.

- What should be your first urge when you achieve something?

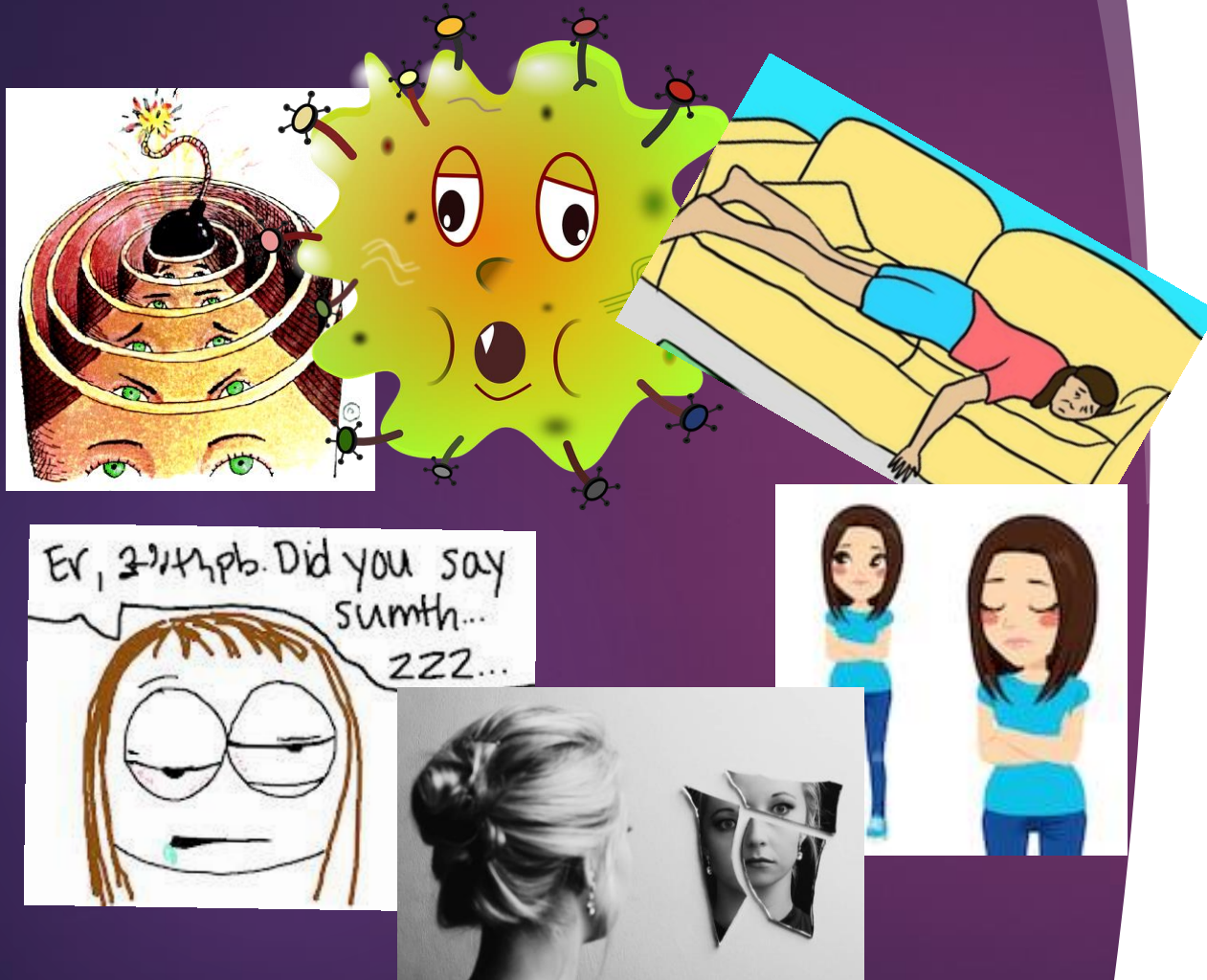
....SHARE THE NEWS.

- If events which are troublesome linger we can't share the pressure and in turn it...

....INCREASES ISOLATION.

Giving support can often feel a better experience.

Lack of social connection...



- Increases the stress hormone.
- Weakens the immune system.
- Lowers energy/lethargy.
- Increases isolation and loneliness.
- Can lead to destructive behaviours.
- Lack of sleep.
- Poor diet (weight gain/loss)

Meaningful connections with family, friends and community



lead to...

- happier lives.
- better physical health.
- longer life.
- better mental health.

it's the quality of your close relationships that matters!



A Little Bit of Connecting.....

A place or experience which makes you happy?

Something you find relaxing?

Something that has made you smile this week?

How you've helped someone?

A celebration you've enjoyed recently?

A pressure you've experienced?

Something that has affected your health?