



Us Plus

Mental Health and Wellbeing Bulletin 21

Welcome back after our Easter break! I hope everyone managed some time to rest, relax and enjoy some of the lovely sunshine. This week's bulletin looks at how being connected to others has a positive impact on our health and wellbeing.

Human beings are inherently social creatures. As far back as we can trace, humans have travelled, hunted, and thrived in social groups and for good reason. Humans who were separated from their tribe often suffered severe consequences. Social groups provide us with an important part of our identity, and more than that, they teach us a set of skills that help us to live our lives. Feeling socially connected, especially in an increasingly isolated world, is more important than ever. The benefits of social connectedness shouldn't be overlooked.

Social connections:

Improve your quality of life: If you've ever moved away from your social "home base" - maybe you moved house or school when you were younger, then you have a good idea of just how much social connections shape your everyday life and well-being. One study showed that social connection is a greater determinant to health than obesity, Social connection doesn't necessarily mean physically being present with people in a literal sense, but someone's experience of feeling understood and connected to others.

Boost your mental health: Friendships offer a number of mental health benefits, such as increased feelings of belonging, purpose, increased levels of happiness, reduced levels of stress, improved self-worth and confidence.

Help you live longer: [Research](#) has shown that social connections not only impact your mental health, but your physical health as well.

If you're not sure how to begin forming social connections start by looking inward. What are your interests or hobbies? What kind of personalities are you naturally comfortable around? How could school help you develop your connections? Maybe you could join a Penrice Plus activity or start attending one of the sports clubs on offer. Now that Lockdown restrictions are reducing you could think about joining a club or group outside of school – there are loads on offer in St Austell. Volunteering is also a great way to develop connections with others. Remember that social connections that impact your overall health and well-being require time and effort. Forming strong, healthy relationships with others means opening up, actively listening, and being open to sharing what you're going through. These relationships can change the course of your life.

Your assembly and wellbeing registrations this week will also look at the theme of connectedness and the positive impact being connected has on our mental health.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at ktaylor@penrice.org.uk

