



Why connecting with people is key for happiness



The relationship between social connections and wellbeing



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By Health Shield's Wellbeing Team

How our connections can enhance our emotional wellbeing, elevate mood, and even improve overall health.

In a fast-paced, digital world, the significance of authentic human connection is often overlooked. However, research consistently shows that connecting with others is a crucial factor in our overall happiness and wellbeing. Numerous studies have demonstrated that strong social connections are associated with lower levels of stress, improved mental health, and increased life satisfaction.

Therefore, taking the time to nurture and cultivate authentic connections can have a profound impact on our mental, emotional, and physical health. Here are five proven ways to foster genuine connections and enhance your overall wellbeing.

- 1 Embrace vulnerability**
It's natural to fear judgement when we open up about our feelings. However, vulnerability is not a sign of weakness but a testament to courage. It fosters deeper connections and can bring immense relief from stress. So, remove the mask and allow yourself to express your true feelings.
- 2 Engage in open conversations**
Talking openly with someone you trust is incredibly therapeutic. It offers comfort, insight, and relief. Sharing your worries or concerns can feel like a weight being lifted off your shoulders. Choose a person who can provide a safe, non-judgmental space for you to express yourself freely.
- 3 Be a good listener**
Just as speaking openly can be beneficial, so too can active listening. Show genuine interest in what others are saying and give them your undivided attention. You don't need to offer solutions—just lend an empathetic ear. This simple act can help others open up and share their feelings.
- 4 Foster relationships at work**
Workplaces can be a great setting for developing strong, supportive relationships. Whether it's a chat over coffee, a phone call, or a virtual meeting, these interactions can significantly improve your emotional wellbeing. Don't underestimate the power of a good old-fashioned talk.

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Prioritise human connection

The quality of our relationships has a massive impact on our happiness and health. In a world fixated on diet and exercise for maintaining health, the essential role of human relationships often gets sidelined. Remember, an authentic, warm human connection is nothing less than medicine. Make it a priority to connect with someone authentically this week.

When it comes to having a fulfilling work life, building connections with colleagues is key. It's all about enhancing happiness, you know? The bonds we create, the laughter we share, and the support we offer, they all contribute to making the workplace a positive environment. In this tech-driven world, where face-to-face interaction is often replaced, we mustn't forget the power of genuine human connection.

So, let's make a commitment to embracing vulnerability, having open conversations, and really listening to each other. Let's nurture those relationships with our colleagues. After all, it's these genuine connections that bring happiness and make work truly meaningful and enjoyable.

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