



Lifestyle as Medicine Programme:

Deepen Connection

www.HAYCambsPboro.co.uk/LAMP/connect

Connection has been shown to be one of the strongest protective factors for our mental health - but did you know for some of us connection to nature can be as significant as social connection?



#LAMPLightbulbMoments

Starting Point

The 5-ways-to-wellbeing focus on connecting to others, connecting to our bodies through movement and our minds through learning, connecting to our environment by taking notice and appreciate the connection from others by giving.



How connected do you feel? This handout might help you reflect on your starting point.

Actionable Ideas

What ideas can we try to help us feel more deeply connected? This link has some suggestions.

We can think about:

- ways to connect to self
- ways to connect to others
- ways to connect to environment
- ways to feel connection from others



Knowledge Library

There are more links you might like to explore on the LAMP webpage.

Proof

Scientific studies are teaching us more and more about how connection to others, connection to our environment, and inwards connection to ourselves supports us to stay healthy and well.

Meet the experts on the LAMP webpage.

Relate



Deeper connections can help us “park” worries that might make it hard to sleep



Deeper connections can make it easier to stick to planned movement activities



Deeper connections can make eating sociable and encourage healthy choices



Deeper connections can help us process worries and feel less stressed



Deeper connections can give us support to resist unhelpful coping strategies

Self-Reflection

What do you notice when you feel more deeply connected? What helps you deepen connection?

You might find it helps to keep a note of the things that support you with connection, so you can refer back any time you need.