



Deepen Connection

Evidence on how connection supports our health

Proof

Benefits of Connecting to Others



Dan Buettner introduces the Blue Zones study, looking at communities living past age 100. A sense of belonging is key to well-being.



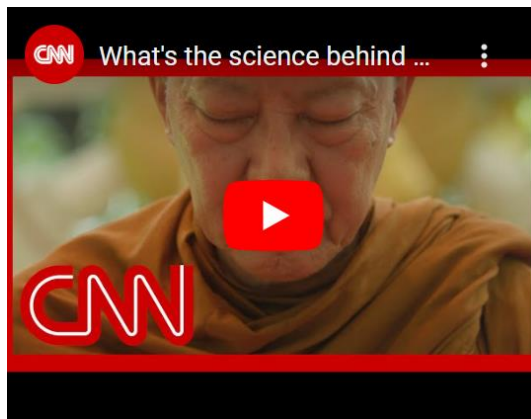
Connecting to Nature



Research, such as this 2023 paper, shows that being connected to nature is beneficial for human health and nature conservation.



Self-Connection



Being self aware can help us feel more connected. One of the ways we can do this is through meditation and mindfulness.



More Evidence

Find out more on what the scientific evidence tells us about how sleep supports our health on the LAMP webpage:

www.HAYCambsPboro.co.uk/LAMP/connect



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