



Deepen Connection

What ideas can we try to help us deepen connection?

Action

## Ways to connect to self

- Journalling
- Breathwork
- Meditation / mindfulness
- Yoga
- Massage
- Bath / shower
- Doing something creative
- Listening to music / watching a film
- Reading
- Learning something new

## Ways to connect to others

- Talking to friends / family
- Messaging / emailing / writing to someone
- Posting on social media
- Doing an activity in a group
- Listening to an audio / watching a video
- Smiling at people

## Ways to connect to environment

- Being outside
- Walking / running
- Cycling
- Gardening
- Being with animals
- Photography
- Smells e.g. scented bath
- Music
- Mindful eating

## Ways to feel connection from others

- Volunteering / working
- Reaching out to someone else
- Smiling back at people
- Using an interactive app
- Noticing a sense of purpose / value to others

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