



Deepen Connection

How does connection relate to the other pillars?

Relate

If you deepen connection...

Deepening connection by reaching out to others, or using a journal for some self-connection, can help “park” any worries that might make it hard to sleep	Sleep Better	
Deepening connection can make it easier to stick to planned movement activities	Move More	
Deepening connection and sharing a meal with others can encourages you to prepare healthy food	Eat Well	
Deepening connection by engaging with others, or being out in nature, can help us process worries and feel less stressed	Reduce Stress	
Deepening connection can give us support to resist using unhelpful coping strategies	Minimise Harm	

The other pillars can help you deepen connection by....

	Sleep Better	Sleeping better can make you feel more interested in connecting with others and with nature
	Move More	Moving more can create opportunities to be with other people and encourage you to be outside and connect with your environment
	Eat Well	Eating well can be an experience to share with others
	Reduce Stress	Reducing stress can allow time with others to feel more connected
	Minimise Harm	Minimising unhelpful coping strategies can improve the sense of belonging when you are with others

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