



Deepen Connection

How does connection relate to the other pillars?

Relate

If we deepen connection...

Deepening connections 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 connections can make it easier to stick to planned movement activities	Move More	
Deepening connections and sharing a meal with others can encourages us 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 us deepen connection by....

	Sleep Better	Sleeping better can make us feel more interested in connecting with others and with nature
	Move More	Moving more can create opportunities to be with other people and encourage us to be outside and connect with our 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 our sense of belonging

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