



People: connect

Did you know that other people are a key ingredient in the recipe for happiness? In fact, the happiest, healthiest and safest communities are those where neighbours know each others' names – and the positive power of that kind of social connection can add up to 7 years to your life! In fact, having just one close friend to talk to on a regular basis can be as beneficial to your long-term health and happiness as giving up smoking!

Discover your common ground

Sometimes when we're under too much pressure or feeling low, we find it hard to connect with others. We feel isolated, insecure and afraid of what other people might be thinking about us.

We love this activity, designed by The U as part of their "Practicing Positivity" workshop, because it's a great reminder of how much we all have in common!

Take a look at the 'discover your common ground' handout