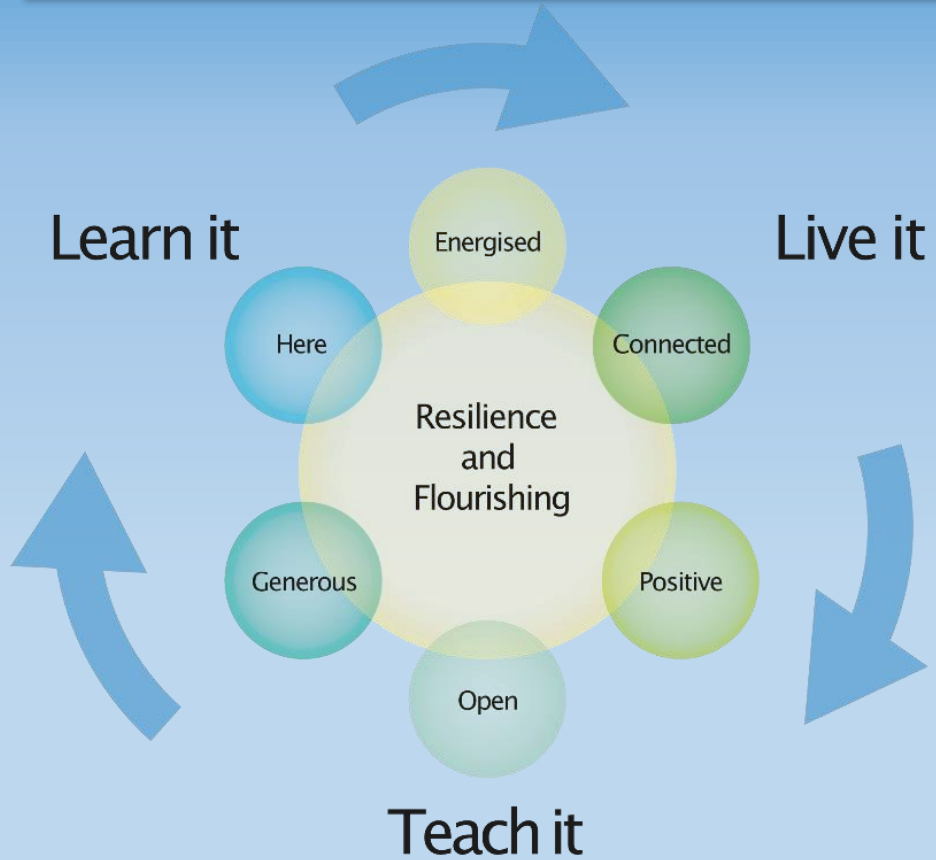


KHS Well-Being – The 6 Strands



Be Connected

Be Energised

Be Positive

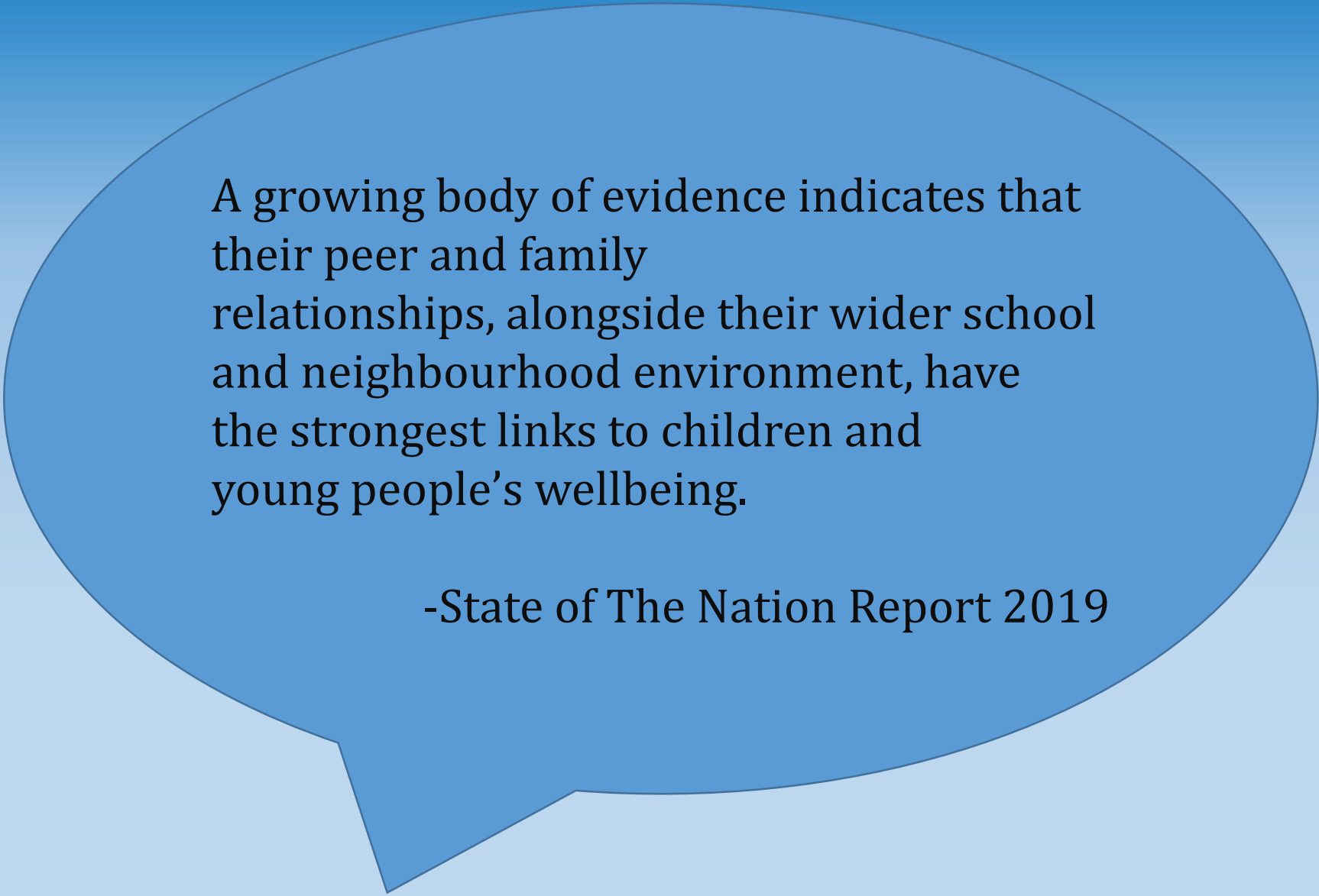
Be Here

Be Open

Be Generous

BE CONNECTED





A growing body of evidence indicates that their peer and family relationships, alongside their wider school and neighbourhood environment, have the strongest links to children and young people's wellbeing.

-State of The Nation Report 2019

BE CONNECTED

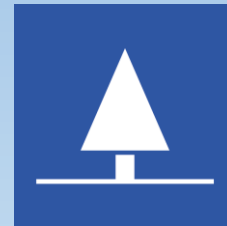
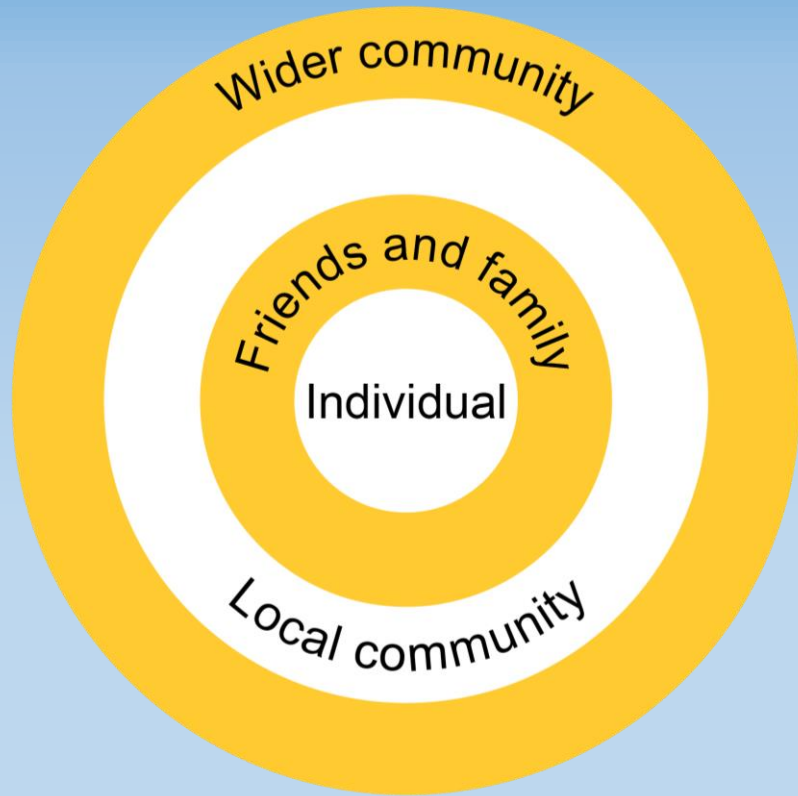
- Decrease stress, anxiety and pain
- Being social contributes to wellbeing (upward spiral)
- Social support reduces feelings of isolation
- Loneliness is a risk factor for depression
- Positive relationships:
- Build resilience
- Predict long term happiness
- Linked to better physical and mental health



“Social ties are the cheapest medicine we have. When we erode our social and emotional ties, we pay for it long into the future. When we invest in them instead, we reap the benefits for generations to come”

-Shelly Taylor

What helps build connections?



- Using social media positively
- Learning or starting a new activity
- Getting active
- Showing kindness to others, with oneself and others
- Reaching out and talking about the feeling of loneliness
- Arranging to spend time with friends or family
- Being in nature or spending time outdoors
- Volunteering is a great way to get connected
- Getting to know someone new



Think about how you connect...



And who you are connecting with.....

Practical ideas to connect

Ask yourself who have you connected with today??

Think of ways to stay connected to loved ones – remember this is different depending on who!

Arrange a walk or cycle with someone – maybe think about how you normally get to school – some of the best school memories are those connections before and after school

Join a club/new hobby

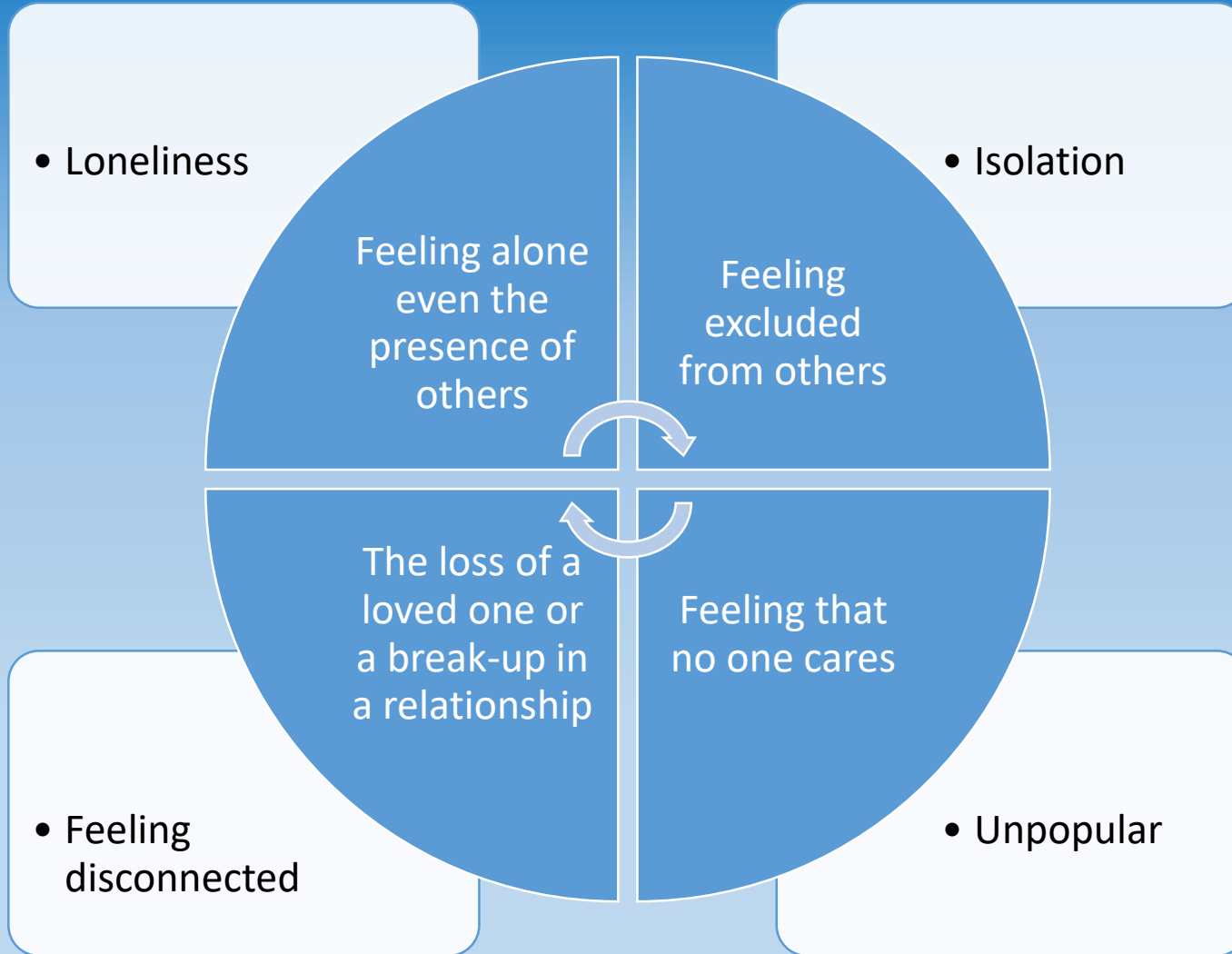
Is there a friend that you have lost connection with...why not reach out?

Volunteering – connects you with new people

Speak to you neighbours/people in your community

Check in on someone to see if they are ok? Especially our friends and family members that we know are more isolated – really listen to how they are

Make plans – don't always wait to be asked – be brave!



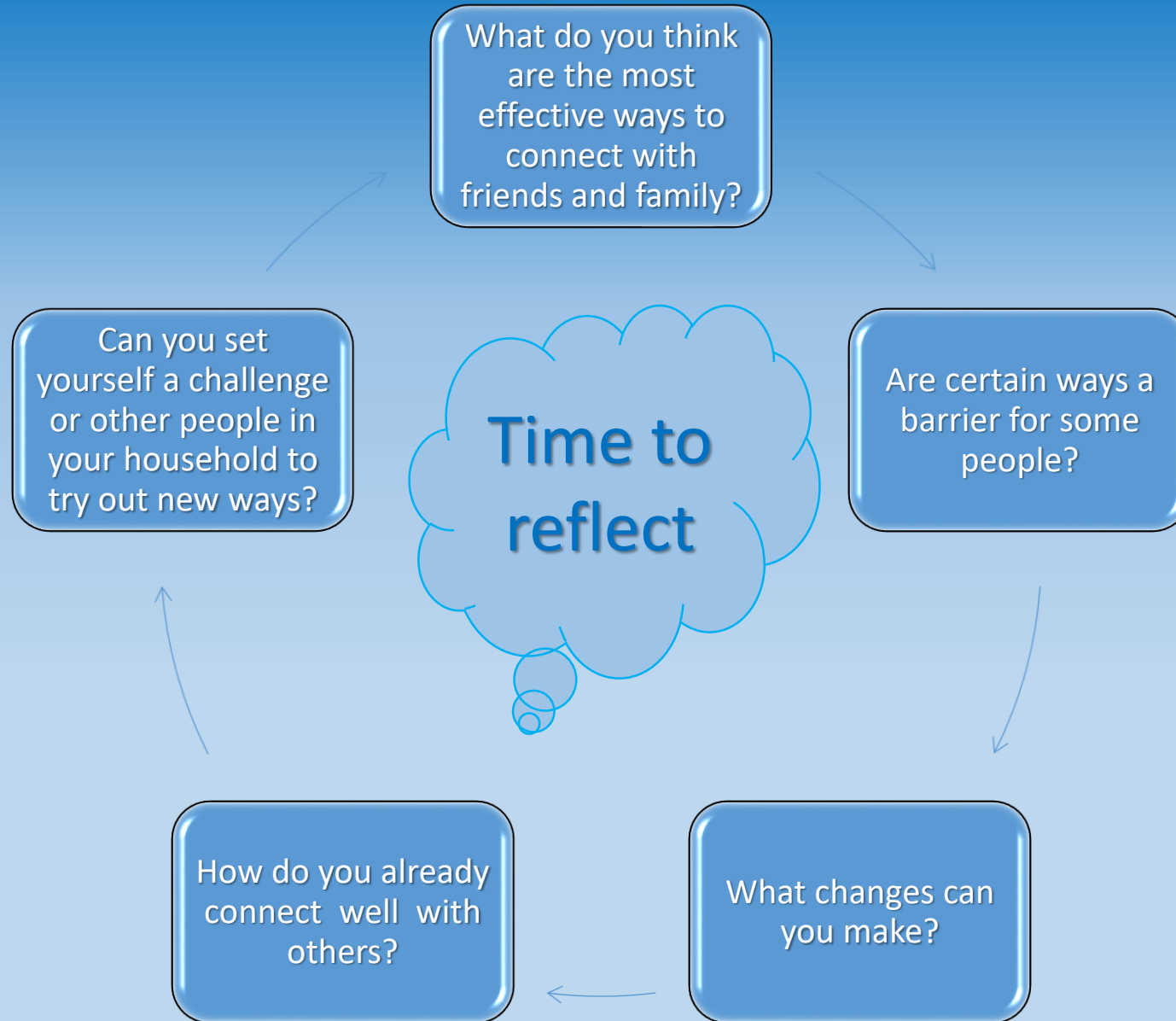
Watch this short video about loneliness in young people and why social connection is so important



<https://bcove.video/3mtdbrV>



**Its so important to 'Be
Connected'**



Useful links are resources

- <https://www.suffolkmind.org.uk/?s=loneliness>
- <https://www.themix.org.uk/get-support>
- <https://volunteersuffolk.org.uk/under-18-volunteering>
- <https://www.activesuffolk.org/satellite>
- <https://www.kooth.com/>
- [https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-29 mental health resources v8.pdf](https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2020-04-29%20mental%20health%20resources%20v8.pdf)
- <https://www.mentalhealth.org.uk/a-to-z/f/friendship-and-mental-health>
- <https://www.annafreud.org/on-my-mind/self-care/apps-delivering-self-help-strategies>