

Title: Connecting and building strong friendships for improved wellbeing



Learning outcome: To understand how connecting with others and building strong friendships can improve happiness and overall wellbeing

The 5 pillars of wellbeing



This half-term we will be focusing on CONNECT.

Having friends makes you feel less anxious

Research suggests that people who connect with friends may produce less of the stress hormone cortisol and feel more secure.

How do friendships help improve our wellbeing?

You can live longer and healthier with a network of friends

People who have more friends and support have a better quality-of-life, and are healthier and less prone to accidents or mental health problems

A healthy friendship is one that has a positive influence on your life

Learn how to recognise genuine friendships

Being trustworthy, dependable and respectable and a good listener leads to healthy friendships. Remove unhealthy friendships that do not make you feel good about yourself.

Friends can influence your happiness and mental health

Loneliness can impact health to the same effect as smoking! Surround yourself with happy people and you will more likely be happy in the future.

Having a close circle of dependable friends can:

- Decrease feelings of loneliness and isolation
- Reduce your risk of depression and anxiety
- Lower your blood pressure
- Decrease your risk of serious health problems like diabetes, heart attack, and stroke

Share feelings and emotions with family and friends

An opportunity to share positive experiences, and gain emotional support, as well as the chance to support others.

Remember, family members count,

How can you spread happiness to others and improve your own happiness by connecting?

In school



There are many ways to build stronger and closer relationships:

Outside of school



- Speak to **someone new** today
- **Getting involved with stuff** you're interested in at school (like a sports team, band, drama club, etc.) is a great way to connect with likeminded people.
- **Approach someone who's on their own** - at lunch, or in class, and ask if you can sit with them.
- **Ask questions – build conversation** by asking a person what they like to do in their spare time, their favourite subject, or what TV shows they're into.
- Speak to a friend who **needs support**.
- Pay a friend/peer a **compliment**
- **Tell a teacher or form tutor something about yourself** so they can get to know you a bit better

- Make **time each day to spend with your family**. This might include “family time” that is fixed each day, or time that you find around other commitments.
- **Switch off the TV tonight** and play a game with your family, or just talk.
- **Support a friend** - whether it is with homework or something else (over the phone, messaging, video chat)
- Arrange a **socially-distanced meet up** with a friend or family member

Be yourself – let people appreciate you for you!

THERE ARE
SOME PEOPLE
IN LIFE THAT
MAKE YOU
LAUGH A LITTLE
LOUDER, SMILE
A LITTLE BIGGER
AND LIVE JUST
A LITTLE
BIT BETTER.

Homework Task:

Complete the quiz on Microsoft Forms

Use the link or the QR code below.

<https://forms.office.com/Pages/ResponsePage.aspx?id=onNUZMViQ0uKbYN8DZZYfOEncZM8HFdlog1NJDUgEq1URUQ0NIIGSTc4SFIDWTRMOVJCUFIETE80Wi4u>



Learn more about what makes a good friend here:

<https://au.reachout.com/articles/what-makes-a-good-friend>