

## What does it mean to have “Social Wellbeing”?



**Social wellbeing** is not about *quantity*. Rather, it refers to the *quality* of the relationships that we have. Humans are social beings and feeling a sense of connection to others is vital to our wellbeing. People who have strong, healthy connections with others tend to live longer, and happier lives than those who do not.

Social wellbeing is achieved through regular, positive social contact with family, friends, neighbours, work and school. This develops what is referred to as a *psychological sense of belonging*. This sense of belonging is responsible for feeling connected and is important to social wellbeing.

### How do I develop a Psychological Sense of Belonging?

Sense of belonging is achieved by participating in social organisations such as sports clubs, community groups, volunteer organisation, churches, political parties, special interest groups or hobby groups. Places such as gyms, pools, libraries, cafés, restaurants and community events such as markets or fairs are also perfect opportunities for social contact.

In this age of digital connectedness, there are also lots of places online to meet people, and sites such as MeetUp that allow people to host and organise events and activities with other people who share similar interests. Digital connectedness, whilst advantageous is still no replacement for real physical contact.

Putting yourself out there is an important first step. This can be really daunting; however, people are generally warm, welcoming and keen to meet others. The benefits of feeling a sense of connection and belonging is worth the initial discomfort of nervousness and will benefit your health and your wellbeing.

If you want to talk to someone about how to better connect with others, or you are having difficulty with this, please call us on **1300 369 072** or email us at [mail@working-life.net](mailto:mail@working-life.net)  
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