

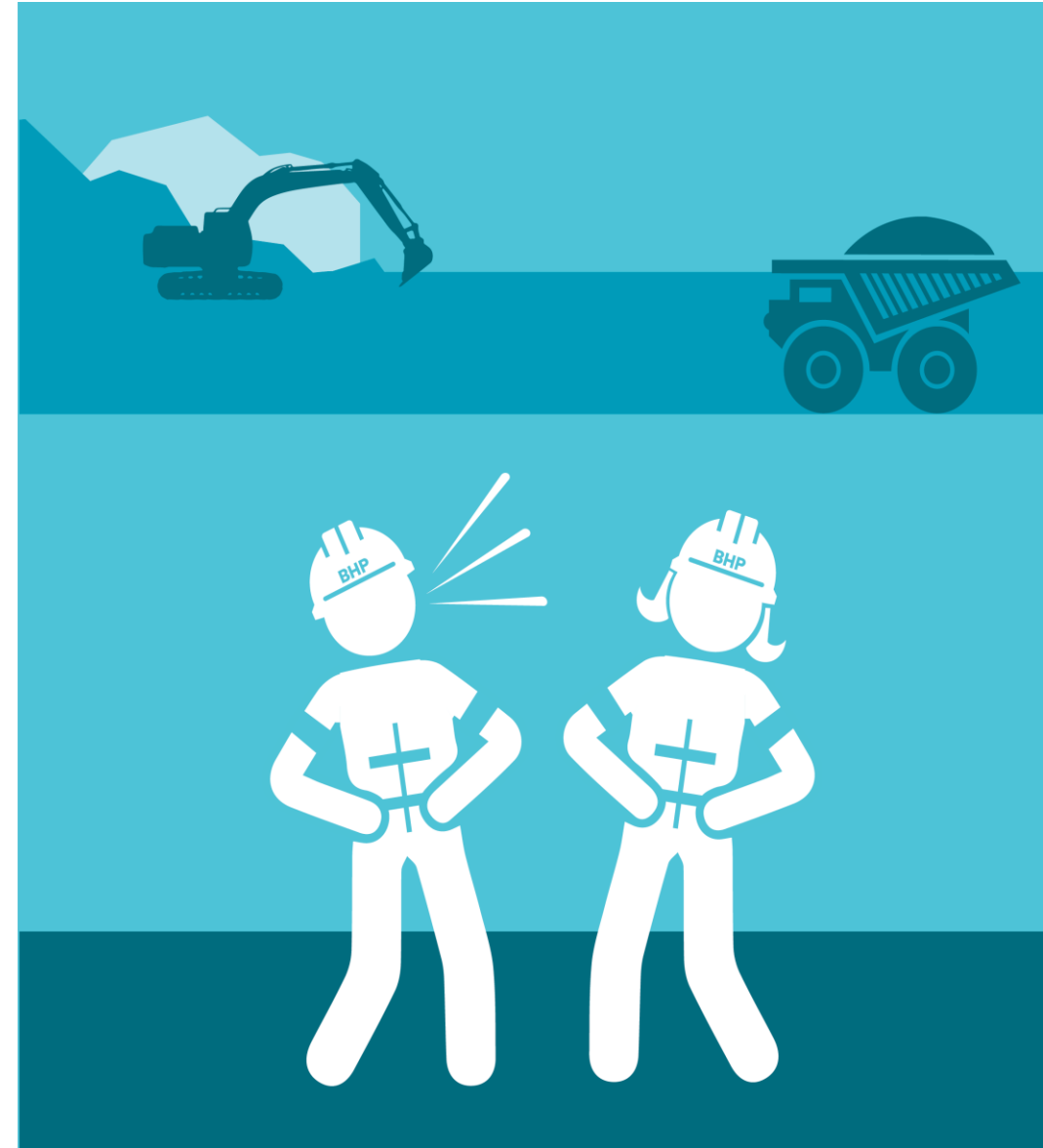
Let's talk about mental health

The power of social and team connections

Social connection is one of our core psychological needs – it plays an important role in how satisfied we feel with our lives.

Strong ties with family, friends and the community provide us with happiness, security, support and a sense of purpose.

Building relationships within and outside of workplace is important to support good wellbeing.



Ways to improve social connections

- Forming health relationships with people close to you means opening up, actively listening and being open to sharing what you are going through
- Look at your interest or hobbies or people you naturally feel comfortable around.
- Devote time to join a club that aligns with your interests (e.g. sporting club or book club)
- In the workplace, whether you are based onsite or in the office, make time for social interactions.

Ways to improve team connections

- Whether you are based onsite or in the office, make time for social interactions – this means being deliberate about social interactions
- Share your knowledge and offer support to colleagues when they need help
- Make meetings inclusive and social

Benefits of strong healthy social connections

- Make you happier – social connection can lower anxiety, depression, help us regulate our emotions, lead to higher self-esteem and empathy
- Make you feel better about your life and yourself – good social connections helps when dealing with life challenges
- Positive impact on your health – improve our immune system and improve physical health
- Make you live longer – yes, this is right!

Benefits of strong team connections

- Improve team performance
- Improve knowledge and information flow
- Improve team creativity and problem solving



Fun fact:

Did you know that BHP has over 2000 Yammer Groups – this is a great way to connect with others with similar interests in the organisation.