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.

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 help 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!

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.

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.

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 team connections
• Improve team performance
• Improve knowledge and information flow
• Improve team creativity and problem solving