

EAP Newsletter

JULY 25

Why Social Connection Matters

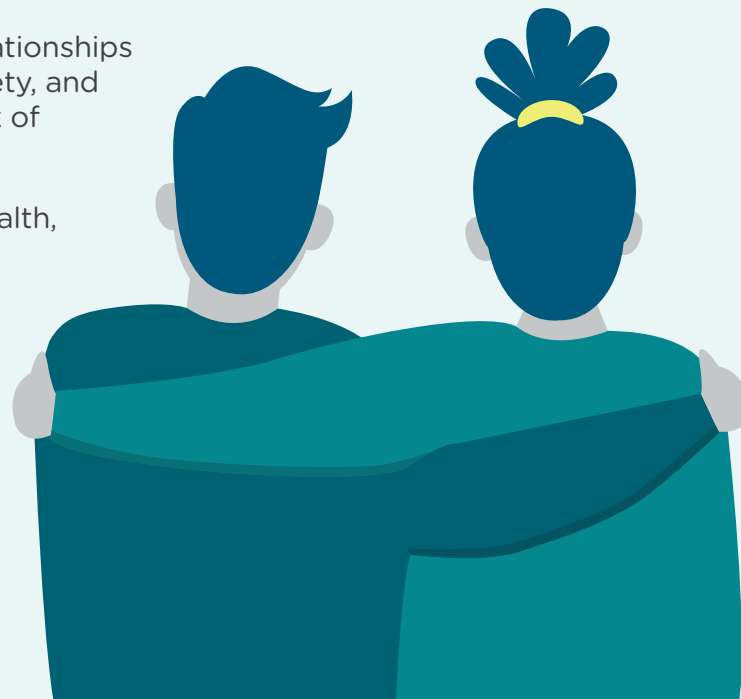
Social connection is a key pillar of wellbeing. It supports our physical health by lowering stress, strengthening the immune system, improving heart health, and even helping us sleep better. It also lifts our mood and reminds us that we are not alone.

A strong sense of connection is essential to both mental and emotional wellbeing.

Research shows that people with meaningful relationships are less likely to experience depression and anxiety, and for those who do, connection can reduce the risk of relapse.

Social connection acts like a shield for mental health, helping us cope with stress, maintain emotional balance, stay motivated, and feel a deeper sense of purpose.

Connection also has a powerful impact on the brain. It increases oxytocin (the hormone that supports trust and bonding) and lowers cortisol, the stress hormone. This combination helps us regulate emotions more effectively and feel more grounded during difficult times.



People who feel well connected tend to:



**Experience less
chronic stress**



**Be more
emotionally
resilient**



**Be better
equipped to
handle life's
ups and downs**



What makes a connection meaningful

The strongest connections are those that uplift you and contribute to your overall wellbeing.

They offer honest feedback and thoughtful insights, a sense of belonging, emotional encouragement, practical support when you need it, and useful information to help you navigate life's challenges.

No single person can provide all of these things, which is why it's important to build a variety of relationships. When you value the people in your life and feel valued in return, connection becomes a source of strength.



Who will you connect with this week?

If you're ready to strengthen your social life, explore our mini module **Building Meaningful Connections** for practical tips and ideas. Start small, reach out, and take one step toward reconnecting.

 **BUILDING MEANINGFUL CONNECTIONS**



Further support

Want to learn more about social connection? Check out our article on the **WellbeingHub**, your library for all things wellbeing.

Sign in at wellbeinghub.co.nz

Our team are here to help

If you need more support, **book an appointment online** at eapservices.co.nz by calling **0800 327 669** or by scanning the **QR code**



eapservices.co.nz