



EAP Newsletter MARCH 26

Why Social Connection Matters

March often brings a shift in pace. Holidays wrap up, routines return, and the year begins to take shape. As we move from long summer days into a steadier rhythm, social connection continues to be a cornerstone of wellbeing. It supports our physical health by reducing stress, strengthening immunity, supporting heart health, and improving sleep. Just as importantly, it boosts mood and reminds us we are part of something bigger than ourselves.

A genuine sense of connection is vital for both mental and emotional wellbeing. Research consistently shows that people with meaningful relationships are less likely to experience depression and anxiety. For those who do, strong connections can lower the risk of relapse and provide a protective buffer during challenging periods.

It also influences the brain in powerful ways. Positive social interactions increase oxytocin, the hormone linked to trust and bonding, while reducing cortisol, our primary stress hormone. Together, these responses help us regulate emotions more effectively and feel steadier as the year gains momentum.

People who feel well connected tend to:

- Have lower levels of ongoing stress
- Show greater emotional strength
- Cope more effectively with life's challenges





What makes a connection meaningful

A meaningful connection is one that positively shapes your wellbeing.

It brings trust and openness, a feeling of being understood, steady encouragement, practical backing when things feel heavy, and insight that helps you move through daily responsibilities with more clarity.

No single relationship can provide everything, which is why nurturing a mix of connections is important. Whether it's rebuilding momentum after summer, strengthening partnerships at work, or being more present with whānau, when effort and care go both ways, connection becomes a dependable foundation.

EAP Wellbeing Webinar: Connections - Live Q+A

Wednesday, 25 March, 12:00 pm

Join our free live webinar where our team explores what strengthens relationships.

Register now to secure your place.

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Register for the
live webinar

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