

Social wellbeing

Why social connection matters



1 in 4 adults experience feelings of loneliness at least some of the time.¹

People who feel socially connected at work are more likely to be engaged, productive, and resilient. Strong social connections are also linked to better mental and physical wellbeing.²

The power of connection

Positive social connections can...



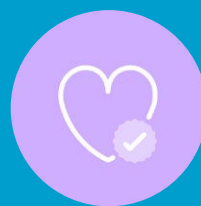
Build a sense of belonging



Create supportive team environments



Boost motivation and collaboration



Improve wellbeing and resilience



Strengthen workplace culture and community

Ways to grow your social wellbeing

Get involved

Take part in local groups, volunteering opportunities, or community projects. These types of activities can help build connection and purpose.

Strengthen everyday interactions

Start a conversation with a colleague, arrange a regular catch-up, or check in with someone you haven't spoken to recently.

Make the most of shared opportunities

Use office days, team meetings, or organisational events as opportunities to connect with others.

Be intentional

Set aside time for social connections each week and choose ways of connecting that feel comfortable and meaningful for you.

Small moments matter

Even small interactions can make a meaningful difference to your wellbeing.

How will you connect with someone this week?



Further support

For further support online visit [British Red Cross](#), [Mind](#) and the [NHS](#). Check if your organisation provides access to an Employee Assistance Programme (EAP) - which can provide free confidential 24/7 support.

Sources: 1. [GOV.UK](#) 2. [KPMG](#) [GOV.UK](#)

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