

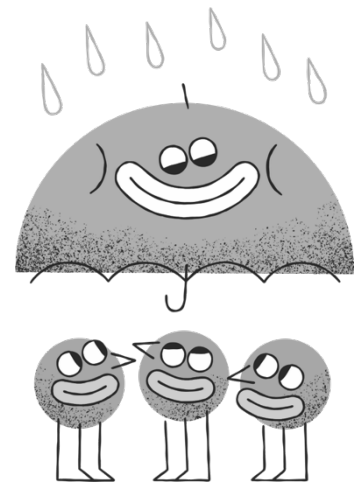
Community: (*noun*) a unified body of individuals, such as people with a common interest, people living in the same area or... people within the same organisation.

Being part of a safe, supportive community is **vital for our wellbeing**. As essentially tribal creatures, having strong, positive connections with others is directly correlated to our health and longevity! Moreover, having robust interpersonal relationships can provide us with a sense of belonging and purpose, help during hard times, and foster empathy, tolerance and shared joy.

In fact, when we make efforts to build community — i.e. when we are kind to others — we get a happiness boost (we produce oxytocin) and so does the recipient of our kind gesture!

Nowadays, **our need for community is urgent**, with studies indicating that we are lonelier than ever. This is due to many overlapping factors including a dwindling number of third spaces, the way we use technology, and the rise of individualism.

Workplaces, as groups of people united by a shared purpose, have the potential to offer us community — benefitting not only individual health and happiness, but team cohesion and success. This is contingent, however, on said workplace nurturing a culture of inclusion, mutual respect, and psychological safety.



So, how can we foster more connection and community in our workplaces?

Take teambuilding into your own hands!

Foster a sense of community and belonging at work with our checklist challenge! See how many of the below you can tick off across the week:

- | | |
|---|---|
| ☐ Give a colleague a shoutout in a group setting. | ☐ Check in with someone who you know has had a hard time recently. |
| ☐ Offer to make a round of tea/coffee for your colleagues. | ☐ Make the time to sit down for lunch or a coffee in a common area. |
| ☐ Leave a post-it on someone's desk that expresses thanks/appreciation. | ☐ Try to find out something new about a colleague today. |
| ☐ Say "good morning" to everyone at the beginning of your workday. | ☐ Smile at everyone you see to brighten their day. |