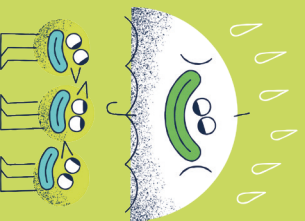


Community: (*noun*) a unified body of individuals, such as people with a common interest, people living in the same area or... people within the same organisation.



Being part of a safe, supportive community is vital for our wellbeing. As essentially tribal creatures, having strong, positive connections with others is directly connected 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 — benefiting 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?

Celebrate the theme of this year's Mental Health Awareness Week, community, with a little support from wellbeing experts, Luminate.

TAKE TEAM-BUILDING 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.
-  Offer to make a round of tea/coffee for your colleagues.
-  Leave a post-it on someone's desk that expresses thanks/appreciation.
-  Say "good morning" to everyone at the beginning of your workday.

-  Check in with someone who you know has had a hard time recently.

-  Make the time to sit down for lunch or a coffee in a common area.

-  Try to find out something new about a colleague today.

-  Smile at everyone you see to brighten their day.

Sign up to our newsletter for more workplace wellbeing tips!

