

Alternative ways to connect



Building and maintaining social connections is something that takes time and effort, especially if you're busy working or studying. However, these relationships are important for your wellbeing as they can:

help you build a sense of
belonging and self-worth

provide safe spaces to
exchange emotional support

give you an opportunity to
share positive experiences

Whilst traditional ways of socialising are super beneficial for your mental health and wellbeing, here are some creative, alternative activities which you could do yourself or with your pharmacy team.

Take it 'old school' and join a pen pal scheme.

It could be with someone elderly, in a remote location or another country. As well as connecting with someone new, a pen pal can broaden your horizons and is a chance to build new networks.

Help a cause and become a volunteer.

Volunteering will give you the chance to connect with other like-minded people, build new skills and foster a sense of 'giving back'.

Join an online charity support community.

These free groups can provide a safe space for you to connect with others and receive peer support.

Spend time with animals.

Research shows that stroking, playing with or even just sitting next to an animal relaxes the mind.

Share wellbeing knowledge.

Introduce someone to the benefits of prioritising mental health and wellbeing.

Start keeping a diary.

Having a safe place to express your thoughts and feelings is a great way to aid your own wellbeing.

Set up or join a book club.

Book clubs are a great way to connect with other people through common ground, learn from different perspectives, and switch off from everyday life.

Reach out to someone who lives alone.

Checking in on someone's needs, having a chat or offering words of encouragement can make a huge impact on their day and boost your own sense of wellbeing.

Involve the household.

If you're living with other people, bring everyone together and write down 3 things you would like to do as a group. It could be baking, a games night, exercise, sharing skills ... anything! Pick one activity whenever you all feel like socialising.