



Mental Health and Suicide First Aid Trainers

CONNECTION CONVERSTION CHANGE

THE POWER OF CONNECTION

We humans are social animals. The Pandemic has helped show us how we really need to appreciate our connections with others, and how important contact with people is to us for maintaining and improving our physical and mental health.

What is the evidence surrounding the importance of our connections?

Connection is a powerful force that can have a profound impact on our lives. It refers to the emotional and social bonds we form with others, and it plays a critical role in our overall well-being.

Here's a look at the power of human connection and how it can benefit us:

1. Improving mental health: Strong social connections can help to reduce stress and improve mood, which can have a positive impact on mental health. Research shows that people with strong social connections are less likely to experience depression and anxiety.
2. Supporting physical health: Strong social connections have a positive impact on physical health. Studies have found that people with strong social connections are less likely to experience chronic conditions such as heart disease and diabetes.

Also if, for example, we commit to exercising with others, we are much more likely to follow through and actually exercise. The thought that we might 'let the side down' is a great motivation. Exercising with others also has the added benefit of social connection whilst doing something positive for our physical health. Our physical and mental health are interlinked.

3. Enhancing cognitive function: Human connections can improve cognitive function, particularly in older adults. Social engagement helps to stimulate the brain, improve memory and our cognitive abilities. The more we strengthen the neural the fitter our brains will be.
4. Enhancing resilience: Strong social connections help to enhance resilience, which is the ability to bounce back from adversity. People with strong social connections more likely to bounce back from difficult situations.
5. Improving overall well-being: Human connections have been shown to improve overall well-being by providing a sense of belonging, purpose, and fulfilment. People with strong social connections are more likely to experience positive emotions and have a more positive outlook on life.



6. Provide emotional support: When we connect - we provide emotional support, which is essential for mental and emotional well-being. Being able to share your thoughts and feelings with someone you trust can help you feel heard and understood, which can be comforting.

7. Encourage positive behaviour: Positive social connections encourage positive behaviour, such as healthy habits and good decision making. We learn from each other.

Mental Health First Aid is all about having conversations and connecting with people.

We give you tools and techniques to help you with all of your conversations, such as learning and honing the skill of active listening. We also focus specifically on having those more difficult conversations around mental health.

We would love to welcome you onto one of our courses. This training really does help you to **save lives!**

If you feel like these are skills you would find beneficial then please email us at: dualism@dualism-training.com

You can find out more about us on our website at:

<https://www.dualismtraining.com>

Hope to see you soon.

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