

Psychology Week 2018

11-17 NOVEMBER

The power of human connection



Tips to connect with others

Social relationships support good mental and physical health. These tips will help you to enjoy better interactions with the people you encounter, so you can feel the benefits of positive connection.

1 Think positive

Anxiety about social situations can make us overthink. Shift your focus to the other person or the conversation.

2 Tolerate discomfort

Awkwardness does not mean you are doing anything wrong. Reach out to others and your skills will improve with practice.

3 Listen well

Ask questions and really listen to the answers. Respond warmly through your posture, facial expressions and words.

4 Go offline

Social media can increase disconnection. Maintain a healthy offline life.

5 Chat to strangers

Share a smile, eye contact or a chat. Rise to the challenge of finding common ground with strangers.

6 Help

Helping someone gives a feel-good rush. Create a bond with someone by offering help, or asking for it.

7 Manage stress

Practice simple stress management techniques, such as breathing deeply and slowly, to help get you through social situations you dread.

8 Practice, practice, practice

Relationship skills can be learnt. If you feel like you need support to build better connections skills, a psychologist can help.



Find out more at psychweek.org.au

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