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.

### Tips to connect with others

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.

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