



THE POWER OF SOCIAL CONNECTION

These Easter holidays offer a fantastic opportunity to prioritise social and physical wellbeing.

Human beings are wired for connection and spending time with friends, family, and community can help:

- **Reduce stress and anxiety:** Engaging in social activities releases oxytocin, a hormone that helps lower stress levels.
- **Improve mental resilience:** Having a strong support system helps individuals navigate challenges more effectively.
- **Boost physical health:** Studies have linked social connection with lower blood pressure, improved immune function, and better heart health.



To improve your connectedness and maintain your physical activity these holidays why not try:

- **Schedule regular active catch-ups:** Swap a coffee date for a walk or workout with a friend.
- **Join a local sports club or fitness class:** Regular group activities help build lasting connections.
- **Encourage workplace wellness:** Suggest lunchtime walks or team fitness challenges.
- **Get the family moving together:** Set up active traditions, like weekend bike rides, dance nights or a swim in the pool.



For more great resources on a range of wellbeing topics, visit:
fitnesspassport.com.au/info/