

Why Belonging to a Community Does Wonders for Your Wellbeing



Being part of a community has just as much impact on our wellbeing as exercise, nutrition and sleep

The isolation of the pandemic showed us just how much our relationships mean: nurture them, often



As our work lives become increasingly virtual, finding support within likeminded groups is more important than ever

Communities offer us a sense of belonging, which is crucial for good mental health



If you're struggling for motivation, joining a group that shares your passions can help you to feel more engaged

Whether in-person or online, communities create a space for self-expression, personal growth, and much-needed camaraderie



Joining a community is great for meeting likeminded people, but even better for meeting those who'll challenge your way of thinking

One of the best parts of belonging to a community is being able to help others. Offering advice and guidance is great for your wellbeing



Communities are resource-rich, so when you have people to bounce ideas off, the possibilities are endless.

Being bolstered by other people's enthusiasm is a very valuable commodity; communities really can be life-changing.



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