

HeadFIT

Connecting Socially

*Lt Cdr Hugo Mitchell-Heggs, SO2 Human Performance, Royal Navy
Submarine Service*

It might seem obvious, but spending proper time with people you care about, friends, family and colleagues really makes a difference to both your physical health and your mental fitness. You don't need a massive network. It's much more about quality than quantity, but having people you can talk to in and out of work is really important.

Life can be really challenging sometimes, but if you can open up and feel supported, you'll be better able to meet those challenges. You'll also be in a position to support others, helping someone else problem solve or just being there to listen to them feels really good. It affects your self-esteem, which in turn makes you feel happier.

Sometimes work can get in the way and it can feel hard to actually see people. Technology is brilliant and can make a huge difference, but try not to rely on it. Your phone can be the very thing that's keeping you connected, but also making you feel isolated. So, depending on your circumstances, try and talk to people in person when you can. Be proactive. It's important to make an effort to connect with people. It can be opening up to work colleagues or reaching out to old friends. Sometimes it's easier to make new connections when you've got something in common. So try and find like-minded people who share similar interests or hobbies. Whatever the case, reach out and keep talking.