



## Connection and Belonging

*We are designed to be connected with one another.*

### Why connection and belonging?

Many people underestimate the importance of connection and belonging. Research shows that positive social connections have a great impact on our mental health and wellbeing. These impacts include:

- lower rates of depression and anxiety;
- assisting in regulating our emotions;
- higher self esteem and empathy;
- improving our immune system ; and
- increasing resiliency and lowering the negative effects of stress.

Social connections can happen anywhere, including: home, work, school, community groups, faith-based organizations, sports, and volunteering.



Canadian Mental Health Association



### Making Connections: How-To

Keep it simple! Give your child your undivided attention and participation! Screens off!

Dance Party— Let go of self-consciousness. Get the Jitters & Tension out!

Eat supper together. Share the highlights of your day, and let them share too!

Random Act of Kindness— Family Edition. Shovel the neighbours' walk together!

Family Board Game Night!

Create a ritual! Example: Drink a calming tea during bedtime stories.

Engage in the child's favourite activity. Lego, baseball, bike riding, colouring...

### Community Supports

**Services, Programs and Resources**

services' programs and resources

**P**layfulness  
**A**cceptance  
**C**uriosity  
**E**mpathy

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“Giving **connects** two people, the giver and the receiver, and this **connection** gives birth to a new **belonging.**” - Deepak Chopra

## Video Links

### Children

[The Small Creature: An Animated Story to Help Bereaved Children - British Heart Foundation](#)

[What is Empathy by Start Empathy](#)

### Adolescence

[Kindness: The World We Make Ripple Effect by Inspire Kindness](#)

[Empathy Can Change the World by Noah Couser's Grade 8 Class](#)

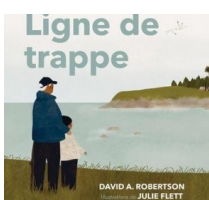
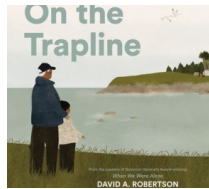
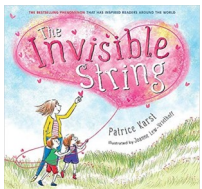
### Adult

[Every Kid Needs a Champion by Rita Pierson](#)

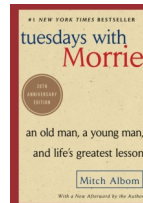
[Brene Brown on Empathy](#)

## Literature Links

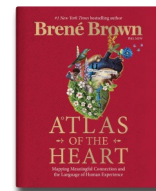
### Children



### Adolescence



### Adult



Checkout the  
[Palliser Regional Library!](#)

“Sticks in a bundle are unbreakable.” - Tanzanian proverb

“A deep sense of love and belonging is an irresistible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.” - Brene Brown

## Research

[The Importance of Belonging Across Life](#)

[Is Having a Sense of Belonging Important?](#)

[Belonging as a Guiding Principle in the Education of Adolescents](#)

[Creating Hope, Belonging,](#)

[Meaning and Purpose in the Lives of Indigenous Youth and Children](#)

[How Nature Supports a Sense of Belonging and Well-being](#)

[Everyday Resiliency](#)

[The Importance of Human Connection](#)

## Connect in the Community

### Moose Jaw Youth

[Moose Jaw Sports](#)  
[Sports Equipment Vault](#)  
[Free Programs](#)  
[Library Programs](#)  
[Moose Jaw Pride](#)  
[City of Moose Jaw](#)

### Rural Youth

<a href="#">Assiniboia</a>	<a href="#">Avonlea</a>
<a href="#">Bengough</a>	<a href="#">Caronport</a>
<a href="#">Central Butte</a>	<a href="#">Chaplin</a>
<a href="#">Craik</a>	<a href="#">Coronach</a>
<a href="#">Eyebrow</a>	<a href="#">Glentworth</a>
<a href="#">Gravelbourg</a>	<a href="#">Lafleche</a>
<a href="#">Mossbank</a>	<a href="#">Mankota</a>
<a href="#">Mortlach</a>	<a href="#">Rouleau</a>
	<a href="#">Rockglen</a>

### Adult

[Random Acts of Kindness:](#)  
 Treat yourself or someone else to an act of kindness anytime!

Volunteer! Yep, many organizations are looking for volunteers. Find one that fits your interests and see how connected you feel to others and your community. Here is a [list](#) of a few community organizations seeking volunteer help.



“Connectedness has the power to counterbalance adversity.” - Bruce Perry