

Wellbeing resources

Connecting and learning



Connecting with people matters

Connecting with others improves our wellbeing.

Challenges for survivors

If you were abused as a child, it can often be tricky for you to engage and connect with people. This is because you were often abused by people you had trusted. This can lead you to become isolated.

But relationships are important

While you might find connecting with people difficult, connections with others will improve your wellbeing. Through connections with others, you:

- Will build a sense of self-worth and belonging.
- Will receive and offer emotional and practical support.
- Will no longer feel isolated and alone.
- Will support your own healing and recovery.

The connections can be

- Strengthened with loved ones; and
- Broadened with those in your community.

Things you can do:

- Make a priority connecting with loved ones.
- Go with a friend to sporting or cultural events.
- Share coffee or lunch with a colleague.
- Visit a friend who needs support.

The more you help others the more you will see yourself as worthwhile. You can try:

- Helping a friend with a job at their home.
- Volunteering for a community organisation.
- Helping an elderly neighbour.

Helping others by showing kindness, can reduce your sense of isolation.



Keep on learning

Actively seek out opportunities to increase your learning. Learning has been shown to increase your wellbeing.

You can build on what you already know or you can learn something new.

Here is a list of learning activities you can do by yourself or with a friend:

- Learn to cook a favourite dish.
- Download and listen to podcasts.
- Join the library and set yourself the task of reading a book a month.
- Take up a musical instrument or join a choir.
- Join a local club or interest group.
- Participate in a Yoga, Tai Chi or Qijong class, in person or online.
- Visit a local men's shed.

By starting a learning activity, you will have the added benefit of connecting with people who have similar interests.

