

Think about it!

Look After Your Social Network

Staying in contact with friends, acquaintances, and your family can promote your well-being. For example, you can do something with them, have a conversation or tell someone that you were thinking of him or her. Feeling a sense of belonging improves your mood. You can also rely on your social network when you need support.

Think about who you would like to contact. Maybe you can already think of an activity that you can suggest for you to do together. If it takes less than 3 minutes to get in touch, you could even send the message right away!

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Anna	Write a message and invite for coffee.