

WAYS TO WELLBEING

Social Wellbeing: Sense of Belonging



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Highland Council Psychological Service



Works for Positive Change

What does a sense of belonging mean?



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A sense of belonging is.....

- Shared emotional connection
- Influence
- Integration and fulfilment of needs

Baumeister and Leary (1995)



Why is a sense of belonging important?



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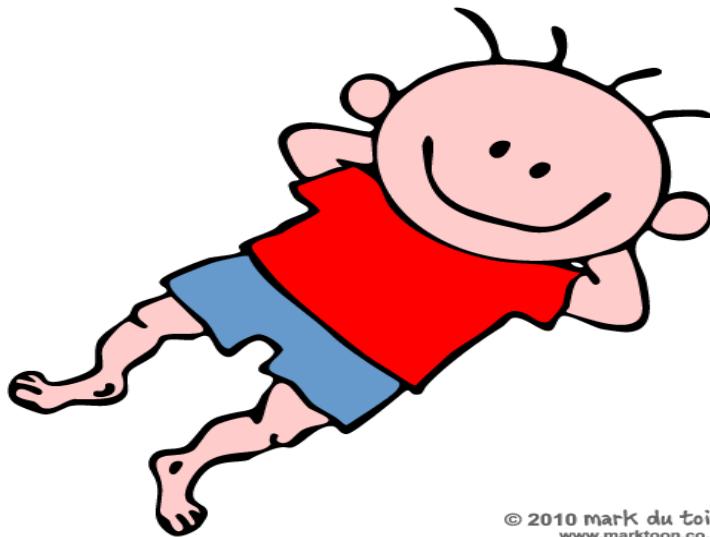


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A sense of belonging protects your mental health and promotes your well-being.

Choenarom, Williams and Hagerty(2005)

Andrew Peterson, Paul Speer and David McMillan (26/12/2007)



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How do we develop a sense of belonging in our lives?

- Activity: with your shoulder partner imagine that you have just moved to a new area and know few people. What sort of things could you do to start making a few connections?



Ideas to make connections

- Join or start a club according to personal interests
- Join or start a local initiative to improve local facilities
- Befriend
- Pot-luck garden party with neighbours
- Take the opportunity to chat
- Use social networking sites

How do we develop a sense of belonging at work?

- Activity: With your shoulder partner consider what would help you feel more 'at home' in work.



How do we develop a sense of belonging at work?

- Mission statement, shared values

- Logos



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- Shared songs

- Work being valued and celebrated in the group/praise book



How do we develop a sense of belonging at work?

- Team discussions, more involvement in decision making
- Opportunities to feedback to management and be listened to
- Peer support



How do we develop a sense of belonging at work

- Circle time



- Interest groups

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