

WHAT CAN I ACTUALLY DO TO CREATE MORE CONNECTION?

Some quick, free and easy tips to increase connection...



To Connect With Yourself...

- Learn to meditate. Spend just 5 minutes a day observing your thoughts and then letting them go.
- Create Phone-Free Zones; No phones before 8am and after 8pm. Give your mind space to breathe and connect.
- Walk with NO headphones. Spend time acknowledging and experiencing the thoughts and feelings as your walk.
- Journal. It may be the easiest way to get in touch with your thoughts and feelings. It's even easier to observe them if you can see them on the paper!
- Consciously check in with yourself. Set multiple alarms per day to remind yourself to stop for a second, assess how you are, how you are feeling and observe what is going on internally.
- Practice gratitude. Thinking about what you're grateful for and writing it down can provide a different perspective. It can also help you prioritise what's important to you and what your goals are.

To Connect With The Land...

- Spend 30 minutes per day '[Grounding](#)'. As simple as having your bare feet on the grass, sand or ground or you can use a 'Grounding Mat' for indoor results.
- Shinrin Yoku - The Japanese term for 'Forest Bathing'. [Science](#) has shown amazing results from spending just 30 minutes in a forest.
- Hug A Tree - Not just for hippies anymore. It increases oxytocin and decreases your blood pressure.
- Stare off into the distance. Spend 5 minutes just looking out into the expanse that is nature, be it the ocean, a mountain or the forest.
- Garden. There are lots of scientific benefits to getting your hands in the soil and growing your own plants. You can even eat some of them!
- Swim/plunge in the ocean, lakes and rivers.

To Connect With Each Other...

- No phones allowed during catch-ups.
- Do an act of kindness. It can be as simple as a sincere thank you.
- Reconnect with old friends. A simple text, email or phone call can rekindle a connection.
- Listen more than you talk. The key to connection. Pay attention.
- Join a group. One of the most powerful ways to find like-minded connections that can last a lifetime.
- Create a community. What do you love that you could surround your with people who love the same thing?
- Make plans with people and keep them. Stop waiting for them, connect, they will thank you for it.
- Come and walk with me. You may just meet some wonderful new friends.