



“Social wellbeing is the ability to build personal connections with others, deal with conflict and to be a part of a positive social network.”

SOCIAL WELLBEING

Key findings from the longest running study on human development started in 1938 and published in 2012 (Triumphs of Experience) showed that happiness and health aren't a result of wealth, fame or working hard, but come instead from our relationships.

A recent medical review of 148 studies concluded that 'the influence of social relationships on the risk of death are comparable with well-established risk factors for mortality such as smoking and alcohol consumption and exceed the influence of other risk factors such as physical inactivity and obesity'.





**"LONELINESS IS AN EMOTION
AND BEING ALONE
CAN BE A CHOICE"**



**AND THE LORD GOD SAID, "IT IS
NOT GOOD THAT MAN SHOULD
BE ALONE; I WILL MAKE HIM A
HELPER COMPARABLE TO HIM.**

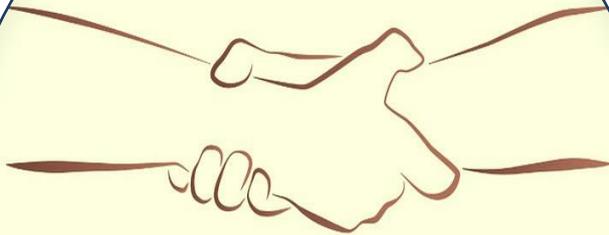
GENESIS 2:18



The most terrible poverty is loneliness,
and the feeling of being unloved.

Mother Teresa

Proverbs 18:24



One who has unreliable friends soon comes to ruin,
but there is a friend who sticks
closer than a brother.

A FRIEND
LOVES
AT ALL TIMES

&

A BROTHER
IS BORN FOR
A TIME OF
ADVERSITY

PROVERBS 17:17

No man is an island
unto himself.

John Donne

Hebrews 10:24

And let us consider how we may spur one another
on toward love and good deeds



SOCIAL SPACE

reserved for strangers and newly formed groups and acquaintances.

A wider group of leaders who Jesus involved in ministry

Mark 3:14

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PERSONAL SPACE

available for regular but not close friends and associates in group settings.

The twelve chosen disciples included the inner core of Peter, James, and John.

The New Testament makes it clear that while the twelve were called to Jesus to learn and continue ministry after his ascension, the first reason was that they might be with him

Mark 3: 14

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Investing in relationships

**It's the quality of your close relationships
that matters.**

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Things you can do

Meet new people: through online social networks, community events, or volunteering for a cause you feel passionate about. It is the neurochemical response that occurs during face-to-face interactions that contributes to wellbeing.

Give time: put more time aside to connect with friends and family. Connect with someone different each week to keep those relationships strong. Do not forget the telephone or written letters which are still valuable forms of contact.

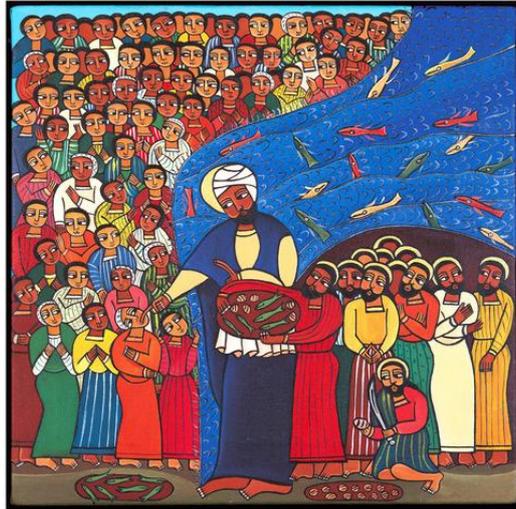
Be present: it can be tempting to check your phone, Facebook messages or even work emails when with family and friends. Try to be present in the moment and be there for your loved ones and switch out of work mode whenever possible.

Listen: actively listen to what others are saying. In conversations show curiosity without being intrusive, listen attentively without interrupting, and tune into people's needs to ascertain what might benefit them from your interaction.

Be listened to: share how you are feeling, honestly, and allow yourself to be listened to and supported.

Be forgiving: in relationships means changing your feelings, desires, thoughts, and actions toward the offending party. It means feeling less negatively and more positively toward them because they may have been doing the best they could in their circumstances.

Being around positive people can make us happier; however, our wellbeing can be negatively affected by harmful relationships, leaving us unhappy. Recognising this can help us move forward and find solutions to issues.



PUBLIC SPACE

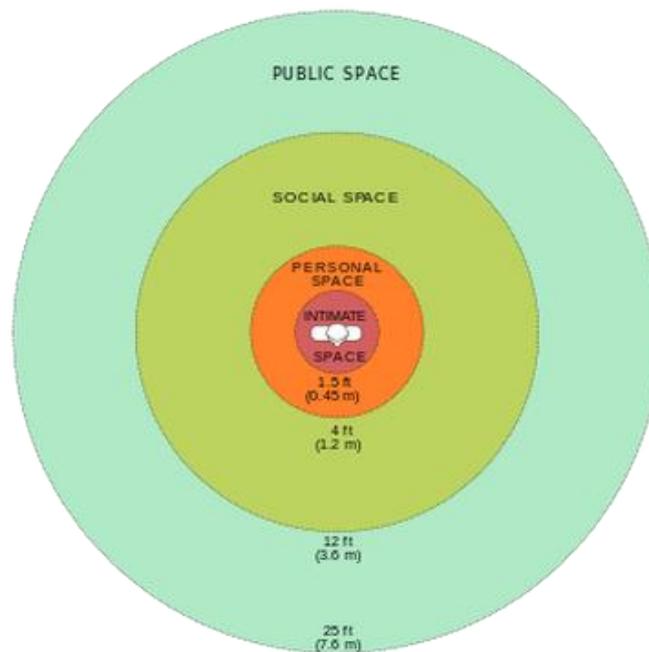
Used for speeches, lectures and theatre.

These were the crowds who Jesus ministered to through preaching, teaching, and healing such as the five thousand

Matthew 14: 13-21

5,000

**Cultural anthropologist Edward Hall
suggested four spaces of relational proximity**



Jesus' connections with people show very clear circles of relationships modelling these four spaces.

Jesus talked about and set up a community that we could all be part of: **The Church**. The Church is not the building nor the organisation, but it is the family of God.

It is central to God's eternal master plan not just for our need but for the wellbeing of the entire human race.



INTIMATE SPACE

reserved for close friends and family

Jesus had a close-knit inner core of disciples as well as family - Peter, James, and John. Significantly he took these three with him to the high moment of being transfigured on the mountain and the low point of feeling utterly overwhelmed in the Garden of Gethsemane.

Matthew 17: 1-8

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