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EAP Newsletter AUGUST 26

Understanding Loneliness

Every connection counts.

Feeling connected helps us feel supported, valued, and like we belong. Whether it's a conversation with a colleague, catching up with a friend, or spending time with whānau, these everyday moments play an important role in our wellbeing.

Loneliness isn't simply about being alone, it is the feeling of being less connected to others than we'd like to be. It can affect anyone, at any stage of life.

Loneliness Awareness Week (4–10 August)

We're encouraging everyone to recognise the signs of loneliness, start meaningful conversations, and take small steps that help strengthen connection.

International Youth Day (12 August) is a reminder of the importance of helping young people feel connected and supported. Young people are among those most likely to experience loneliness, making strong relationships, a sense of belonging, and early support more important than ever.

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Small moments matter

Connection often starts with simple everyday actions. Research shows that small, consistent acts of connection can make a meaningful difference to our wellbeing. You could:

- Check in with someone you haven't spoken to for a while.
- Share a coffee or lunch with a colleague.
- Join a local group or activity.
- Make time for a conversation without distractions.
- Ask someone how they're really doing and take the time to listen.
- Smile, say hello, or introduce yourself to someone new.
- Reach out to a friend, family member or counsellor if you need support.

Every conversation, every act of kindness, and every moment of connection counts.

Join our live webinar

Understanding Loneliness: Practical ways to feel more connected

Tuesday 25 August | 12.00–12.45pm

- Why loneliness can affect anyone
- Signs to look out for
- Practical ways to build meaningful connections
- Where to find support

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We're here when you need us

Whether you're navigating change, looking for support, or simply want someone to talk to, we are here to help. Confidential support is available, **book an appointment online** at **eap.habit.health** by calling **0800 327 669** or by scanning the **QR code**

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