

## Sources of Social Connectedness

e.g. Family/Whānau, Friends, Clubs & Associations, Acquaintances, Colleagues, Peers & Teachers, Neighbours



Depending on:

Personality type & Social skills

Opportunities to connect

Motivation to connect

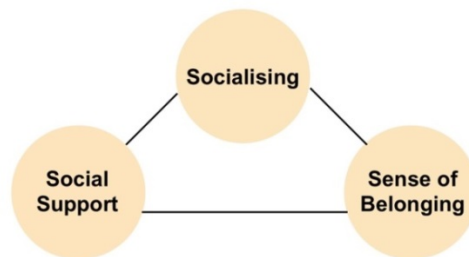


Through Different Modes of Contact:



## Lead to Social Connectedness

Social connectedness has three main components:



Depending on:

Personality type

Social norms and values

Social identification



## Social Connectedness Influences Wellbeing

- Including:
- Physical health
  - Mental health
  - Subjective wellbeing
  - Labour market outcomes
  - Educational outcomes