



Why is it important to create Social connections at work?

In an increasingly isolated world, feeling socially connected is more important than ever.

- A socially connected workplace is a productive and safe workplace.
- When we support social connections in the workplace and help form strong relationships with one another, it helps build a successful workforce.
- Social connections are critical to physical health and cognitive functioning – we become physically and mentally healthier.

“Did you know?”

Social connections have a greater effect on health than obesity, smoking and high blood pressure.

(Yes, really)



**Social
Connections
Matter**

To find out more about social connections visit
icare.nsw.gov.au/socialconnectionsmatter

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