



Wellbeing Tips

Connecting through shared physical activity



Physical activity's influence on social connection

Participating in physical activity is an excellent way to foster connections with other people. Something that is essential for our wellbeing. Participation in shared activities builds relationships, reduces loneliness, fosters trust, communication and cooperation which develops our resilience and boosts our social wellbeing.

Activities can be undertaken one-on-one or in a group. There are endless possibilities to suit preferences and abilities including gentle activities like walking or more adventurous nature-based activities like canoeing or hiking. There is an activity to suit almost everyone!

Participation in shared physical activities has many benefits for social connection for you and the whole family. Undertaking physical activities one-on-one or in a family group provides shared experiences which help to open communication channels and make precious memories, helping to reconnect and build relationships, strengthen family bonds and identity. Activities can be as simple as kicking a ball in the backyard or taking a walk on the beach or in the bush; it is not the activity that matters, it is the time spent together, and the experience shared.

Veteran families have a unique understanding of the challenges of making new social connections, and participation in shared physical activities is an amazing way for everyone in the family to foster new friendships after relocating. Connecting with people who enjoy the same physical activities as you, helps to break down barriers, provides avenues for conversation and create bonds.

Participation in activities and new experiences with other people helps to reduce isolation, build support networks and strengthen community connectedness, belonging and collective identity, which has a wonderful impact on our overall wellbeing.



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