

Communicate

October 2025 Newsletter

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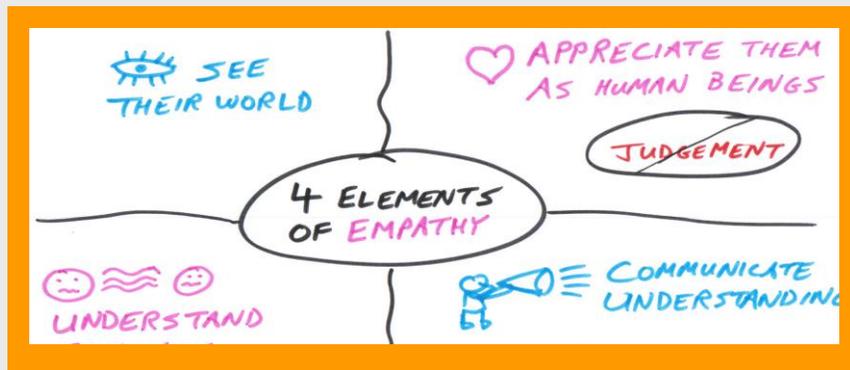
Connection

Having people that we care about in our lives alleviates stress and loneliness. We all have a basic need for love and belonging and to feel part of the community. Connecting with others gives us a sense of purpose and research suggests that it is also a predictor of good health, longevity and happiness.

In recent times the physical

you and finding ways to help others can get you through a difficult time with greater strength and positivity.

If you are struggling to find compatible people in your neighborhood, it helps to remember that every person has unique strengths and characteristics. Spending time listening to others with the aim



isolation of the pandemic contributed to mental health problems for many people and the loss of human interaction has been linked to increased levels of anxiety and depression.

So, it is really important to continue to connect with others even when we are not doing so well. Withdrawing from life because we don't want to burden our friends can feel like rejection to them. Allowing others to help

of understanding their emotions and making sure they feel heard and understood will help you to develop deeper relationships. We often make friends and form meaningful connections in the most unlikely settings.

"The way we communicate with others and ourselves ultimately determines our quality of life" Tony Robbins

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As you can see the theme this month is all about connecting with yourself and others.

"The most basic of all human needs is the need to understand and be understood." Ralph G. Nichols

By building authentic relationships we create a place of love and support where we can relax and be at peace with friends that love us just the way we are.

Even when we are going through a tough patch and feel inclined to isolate ourselves, friends are there because they care about us.

Having people around who cheer you up and make you laugh, lightens your burden too. Try to stay in touch with people who matter to you and find a way to let them know that they do.

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