

# WELLBEING TIPS



## **SOCIAL CONNECTION AND THE BRAIN**

Recent research has shown the importance of friends and human connection – something we are all acutely aware of during the current global situation.

Brain scans of teenagers have revealed that being left out socially activates the same parts of the brain as when we are physically hurt.

So, being socially isolated as a teenager is as important neurologically as being physically injured.

Knowing this can help us appreciate why social connections are so important for young people.

In this current extreme situation, helping our young people stay connected to their friends is really important to help them cope until life returns to normal again.