

Belonging & Community

Feeling connected to people who understand or respect you can support wellbeing. Community can be found in many different ways.

Where do I currently feel a sense of belonging?

Who makes me feel welcomed and respected?

What does a safe community feel like to me?

Have I experienced barriers to belonging?

What kind of connection would I like more of?

Would online, local or interest-based communities feel helpful?

What boundaries help community feel safe?

One way I could strengthen connection is...