

The logo for 'Yellow Bench' is a dark blue circle containing the words 'Yellow' in yellow and 'Bench' in white. In the background of the entire page, there is a yellow sky with a light blue wavy line representing a path or river, and a simple yellow bench on the right side.

Yellow Bench

Reflections and Prompts – Wellbeing grows in relationships

By helping others feel connected, hopeful, valued, purposeful, empowered and included, we contribute to stronger families, friendships, workplaces and communities. Sometimes the most meaningful thing we can do is not solve someone's problems but help them feel that they don't have to face them alone.

Connection

Who in your life may need to feel more connected?

Connection is one of the most important foundations of wellbeing. When people feel connected to others, they are more likely to feel supported, understood and less alone during difficult times. Small moments of connection can have a big impact.

Ask yourself:

- Is there someone I haven't checked in with for a while?
- Who in my life might be feeling lonely or isolated?
- Who may benefit from spending time together?
- How do I help others feel included and valued?

Things to try:

- Call, message or visit someone.
- Invite someone to join you for a coffee, walk or activity.
- Check in with someone who has been quiet or withdrawn.
- Introduce people to each other and help build connections.
- Listen without trying to fix or solve problems.

Hope

How can you help someone see a brighter tomorrow?

Hope helps people believe that things can improve, even when life feels difficult. Sometimes a person's hope grows because someone else believes in them before they can believe in themselves.

Ask yourself:

- Who in my life may be struggling to see a way forward?
- How do I encourage others when things are difficult?
- When was the last time I acknowledged someone's progress or strengths?
- How can I help others focus on possibilities rather than problems?

Things to try:

- Celebrate small wins and achievements.
- Remind someone of challenges they have overcome.
- Share encouragement and positive feedback.
- Help someone identify a goal they are working towards.
- Let people know you believe in their abilities.

Identity

How can you help others feel seen for who they truly are?

People thrive when they feel accepted, respected and valued for who they are. We can strengthen someone's sense of identity when we recognise their strengths, interests, values and unique qualities.

Ask yourself:

- Do the people around me feel appreciated and understood?
- How often do I acknowledge the strengths of others?
- Am I creating space for people to be themselves?
- Who may need encouragement to reconnect with their strengths or passions?

Things to try:

- Recognise and celebrate someone's strengths.
- Ask people about their interests, experiences and aspirations.
- Encourage others to pursue activities they enjoy.
- Respect and value different perspectives and experiences.
- Let people know what you appreciate about them.

Meaning

What helps the people around you feel purposeful and valued?

A sense of meaning comes from feeling that our lives matter and that we contribute to something important. Purpose can be found in family, community, work, culture, creativity, volunteering, learning or helping others.

Ask yourself:

- What matters most to the people I care about?
- How do I support others to do things that are meaningful to them?
- Who may have lost touch with activities that give them purpose?
- How can I help others feel valued and needed?

Things to try:

- Encourage someone to spend time doing what they enjoy.
- Support someone to pursue a goal or interest.
- Invite people to contribute their skills, knowledge or experiences.
- Thank others for the role they play in your life.
- Help someone reconnect with activities that give them purpose.



Empowerment

How can you help others feel capable and confident?

Empowerment is about helping people recognise their strengths, make choices and have a sense of control over their lives. Rather than taking over, empowerment often means standing beside someone as they find their own way forward.

Ask yourself:

- Am I supporting others to make their own choices?
- How do I help people recognise their strengths?
- Who may need encouragement or practical support to take the next step?
- Do I create opportunities for others to have a voice?

Things to try:

- Ask people what support they need rather than assuming.
- Encourage decision-making and independence.
- Recognise effort as well as achievement.
- Share information, opportunities and resources.
- Help people identify what is within their control.

Culture & Belonging

How can you help others feel that they belong?

A sense of belonging helps people feel accepted, respected and connected to something bigger than themselves. For many people, belonging is shaped by family, culture, community, spirituality, language, traditions, identity and shared experiences. When people feel they belong, they are more likely to feel safe, valued and supported.

Ask yourself:

- Who in my life may be feeling disconnected from their community or culture?
- How do I help others feel welcomed, included and accepted?
- Am I curious about and respectful of other people's backgrounds and experiences?
- What communities, traditions or connections are important to the people around me?
- How can I create spaces where others feel safe to be themselves?

Things to try:

- Take an interest in someone's culture, background or story.
- Invite people to share traditions, experiences or perspectives that are important to them.
- Include others in gatherings, activities and conversations.
- Attend cultural or community events with curiosity and respect.
- Create opportunities for people to connect with what matters most to them.
- Help people feel seen, heard and valued for who they are.

