

Neighbours Every Day

10 reasons to grow Belonging Every Day



We all need each other to belong. Belonging Every Day starts with you – say hello, make the call, listen well, show up – and it starts with us – make room, widen the circle, leave no one out. We can all help create, share and grow belonging, for ourselves, our families and our neighbours, by focusing on genuine inclusion and connection, and by challenging ourselves to connect with empathy and compassion. Through this, we build respectful relationships that flourish over time.

01 **Belonging doesn't happen alone**

A group identity gives us a sense of identity, purpose and validation. We can't create a group on our own – we have to invite others in and nurture those connections over time. That's what widening the circle looks like in practice.'

02 **Mental health and wellbeing**

Creating, sharing and growing belonging is a protective factor against loneliness. Our research shows the Neighbours Every Day campaign helps reduce loneliness and supports sustained mental health and wellbeing as connections deepen.

03 **Self-growth**

Sharing and growing belonging asks individuals and communities to keep inviting others in. It means stepping out of our comfort zone, and practising ongoing self-reflection, empathy and compassion – all of which lead to personal growth.

04 Stronger, more resilient communities
Diverse communities where people feel like they belong are more likely to work together to overcome obstacles and adapt to change. As connections grow, communities develop a broader range of skills and experiences to draw on and feel more comfortable calling on each other for help when it's needed.



05 Inclusive and diverse communities
Sharing and growing a sense of belonging encourages diverse groups to come together, appreciate each other's unique perspectives, and build deeper understanding over time. It breaks down barriers, leaving no one out and creating an environment where people from all backgrounds feel valued and can thrive.

06 It makes life more interesting
Diversity makes us more creative, innovative and inspired. Different experiences generate different ideas, and as relationships grow, so does our exposure to new perspectives.

07 Better decision-making and conflict resolution
It's hard to consider all the possibilities if you've never had the experience. People with different life experiences to you often see different problems, opportunities and solutions. As relationships mature, conflict resolution improves as shared values and common humanity come to the surface.

08 Inspire others
Growing belonging doesn't just benefit individuals and communities – it has a ripple effect on society. When people see others show up and step up, transforming their behaviour over time, they're inspired to do the same.

09 Relationship Satisfaction

The benefits of belonging reach beyond those who feel newly included. Having diverse relationships that grow and evolve improves everyone's relationship satisfaction, mental health and wellbeing over the long term.

10 Enhance Generosity

Sharing is an act of generosity that brings joy and satisfaction to both giver and receiver — and that includes sharing belonging. As connections grow, so does the cycle of generosity, creating a positive feedback loop of community support.

Visit neighbourseveryday.org for more ways to live Belonging Every Day.

