

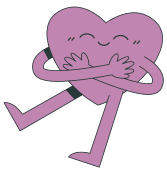
Neighbours Every Day



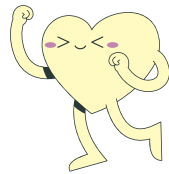
How do you grow your connections with neighbours while maintaining boundaries?

It's all about balancing social connections with personal space. Here are some helpful tips.

Establish respectful boundaries by...



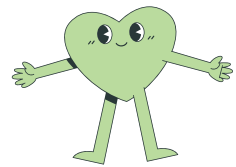
Protecting your time



Saying no when necessary



Asking for space when needed



Communicating your wants and needs clearly

Grow connections in your neighbourhood by...



Organising and participating in community events



Offering help when appropriate



Using community spaces for casual interactions



Joining local interest groups or clubs

Respect neighbourly boundaries by...



Being mindful of noise levels



Respecting privacy



Asking before borrowing or entering property



Being considerate with shared spaces

Through open communication, and finding a balance between connection and personal space, we can #Grow Belonging with our neighbours.

Benefits of social connections



Sense of belonging



Higher self-esteem



Greater empathy



Improved physical health



Reduced risk of anxiety and depression



Increased life satisfaction

Visit neighbourseveryday.org
#GrowBelonging

Neighbours Every Day | Relationships Australia