

Connections



- It's been shown that trees communicate with each other through an underground network of fungi that shares nutrients and information, called the 'wood-wide-web.'
- In many ways our own lives are more networked and interconnected than ever before, but sometimes it can feel as if we have fewer genuine connections with others.
- We're told that social connections are just as important as exercise for our overall health. The happiest people have a thriving network of close connections with others.
- It may just take some simple steps, such as being curious about other people and making the time to listen – or we might need to take a few risks...

'In a world of algorithms, hashtags and followers, know the true importance of human connection.'