



*Carers are the foundation and the heart of a humane and compassionate world*

## **COMMUNITY AND FRIENDS**

**Community — spending time with those you like — is good for your health. It triggers hormones of wellness and inhibits hormones of stress.**

**So where do you find community? Fill in the boxes.**

**Family**

**Where**

**When**

**Friends**

**Where**

**When**

**Animals**

**Where**

**When**

**Nature**

**Where**

**When**