A group of people on a beach

Description automatically generated

**Music**

**Meditation and relaxation**

**Receiving compliments and encouragement**

**Receiving smiles**

**Listening to others and being listened to**

**Giving to somebody else**

**Yoga**

**Laughter**

**Exercise**

**Bonding and connecting to others**

**Massage and touch**

**Nurture Principle: The importance of Nurture for the development of wellbeing**