

### health & wellbeing 7:

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# Scope Decomporary Research Topics

health & wellbeing 7: November 2022 **Scope:** Contemporary Research Topics (Health & Wellbeing) is peer-reviewed and published annually by **Scope:** Contemporary Research Topics, Otago Polytechnic Press. Otago Polytechnic Ltd is a subsidiary of Te Pūkenga – New Zealand Institute of Skills and Technology.

Scope: Contemporary Research Topics (Health & Wellbeing) is concerned with views, critical debate and reflections on health and wellbeing. It seeks to address current topical matters as it relates to health, research, evidence-based practice, clinical practice, sustainability, education and global to local health.

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#### Scope: (Health & Wellbeing) 8, 'Connection'

Submissions for *Scope (Health & Wellbeing)* 2023 will provide the opportunity for authors to consider, discuss and debate how connection is understood in relation to health and wellbeing. Connection is about a relationship between two or more things, or groups, or people. We make a connection when we catch our second bus for the journey, pick up the dog lead and see the hound leap excitedly at us, access the internet, or have an ah-ha moment when something we read or hear about connects with something we know. Connection between self and concepts, ideas, and theory is fundamental to learning. Connection underpins collaboration, and it is through collaborative work that boundaries expand, and new understandings emerge. Connection is defined by Brene Brown as "the energy that exists between people when they feel seen, heard, and valued" (http://brenebrown. com/art/tgoi-connection).

Connection between people and within communities is fundamental to collective and individual wellbeing. The concept of whakapapa encapsulates the ultimate in connection. Being 'the process of layering one thing upon another' whakapapa helps us understand that there is connection between now and the past, between all people, and between people and the rest of the natural world. Connection is all powerful and all important

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