



Social Connections Improve Your Health



Humans are social creatures. Connecting with family, friends, coworkers, neighbors, and people in your community can positively impact your health and wellbeing. When you're more socially connected, you're more likely to make healthy choices, have better mental and physical health, and live longer.

When you interact with people who support you, your body releases oxytocin – a hormone that helps reduce stress. Studies show that social connectedness also has these other health benefits:

Can help prevent or reduce your risk of...

- Serious illnesses and conditions, such as heart disease, stroke, dementia, depression and anxiety.
- Death from chronic diseases.
- Committing violent acts against yourself or others.

Can help promote or improve...

- Your ability to fight off and recover from illnesses, stress, anxiety, and depression.
- Healthier eating and exercise habits.
- Sleep, well-being, and quality of life.

How socially connected are you?

Socially connected people don't necessarily have huge groups of people surrounding them. Often, even two to three people can offer the benefits of having someone to share the joys and sorrows of life. Relationships help us feel loved, accepted, and valued. In addition, socially connected people often:

- Have several relationships with family members, friends, coworkers, and members of the community.
- Have meaningful interactions with others regularly.
- Feel loved, appreciated, and cared for by others.
- Have close bonds with others.
- Feel a sense of support and acceptance.
- Have more than one person they can turn to for support.
- Have nearby and safe areas to meet, such as parks, walking trails, rec centers, etc.

Source: [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov)

Find more resources at TotalHealth.cat.com!

