

LEARN ABOUT

HEALTH BENEFITS OF SOCIAL CONNECTION



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

Overview

- Social connection means the people you know, their differences, and the kind of relationships you have with them
- It's about how your relationships help you and if they make you feel good or bad
- Social connectedness is how well your need for connection is being met
- It means having the right kind of relationships. So, you feel like you belong and cared for



How it Works

- Good relationships can help people live longer and healthier lives
- Being connected to others can lower the chance of getting sick, preventing issues like heart disease, stroke, dementia, depression, and anxiety
- Having strong social connections can help you feel better, live longer, and stay healthier
- It can also help you deal with stress, sleep better, eat well, and stay active

Why People Need Relationships

- People naturally want to be around others. Relationships with family, friends, coworkers, and neighbors help us stay strong and healthy
- Strong and caring relationships help people handle hard times better
- Social connections also give emotional support, like comfort when we're sad, and physical support, like help when we need it

Community Connections

- Supportive communities matter too. They help people feel safe and build trust
- These places include neighborhoods, schools, churches, workplaces, and parks
- When people can safely meet in public spaces, it helps them make new friends, feel less lonely, and work together to make their community stronger