

# Health Benefits and Tips for Social Connection



01



## Physical health improves with social ties.

Social ties reduce chronic illness risks and aid recovery.

02



## Mental well-being flourishes through relationships.

Engagement with others can enhance mood and cognitive health as we age.

03



## A connected lifestyle promotes better habits.

Socializing improves sleep, diet, and activity.

04



## Strengthen your existing bonds.

Prioritize reaching out to loved ones and diversifying your support network.

05



## Broaden your social network actively.

Engage in a community group (such as a dance class) or volunteer opportunities to meet new people.

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## Nurture relationships through reciprocity.

Share support openly and don't hesitate to seek help when needed.

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## Foster meaningful time together

Create lasting outdoor memories.

08



## Overcome social barriers effectively.

Prioritize your health and limit distractions that hinder in-person connections.

09



## Recognize the value of social connections.

Relationships boost health and happiness.