


"In a world of algorithms, hastags, and followers, know the true importance of human connection."

-Snehal Jhunjunwala



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SOCIAL CONNECTION

 Varies

 1 Day

 Varies

Fold me

Fold me

THE WHY

Why social connection? Relationships matter. There is substantiated research that shows that lack of close relationships, chronic loneliness increases risk for cardiovascular problems, causes chronic activation of the body's threat-response system, impairs immune functioning, causes depression and other mental health problems, impairs executive functioning and accelerates cognitive decline in the elderly (Hawkley & Cacioppo, 2010).

According to studies by Dr. Emma Seppala of Stanford University's Center for Compassion and Altruism Research and Education, people who feel more connected to others have lower levels of anxiety and depression. Moreover, studies show they also have higher self-esteem, greater empathy for others, are more trusting and cooperative and, as a consequence, others are more open to trusting and cooperating with them. In other words, social connectedness generates a positive feedback loop of social, emotional and physical well-being.

Social connection:

- leads to a 50% increased chance of longevity
- strengthens your immune system
- helps you recover from disease faster
- may even lengthen your life!

HOW TO DO IT

1. **Give, share, support**, and do acts of kindness for others (Examples: send a virtual hug or an eCard, schedule FaceTime with friends and family, have a Zoom or Teams meeting with peers and co-workers)
2. **Take care of yourself** (Examples: take small breaks, get enough sleep, take a shower and get dressed, eat good food)
3. **Ask for it** (Examples: Let someone know you need a hug, or a good laugh or a check in)

WRITE IT DOWN

Use the space below to plan.

