Social Connection

good vibes
HAPPINESS SERIES

Everyone feels lonely sometimes, however chRonic disconnection can negatively impact our mental and physical health. Connection has nothing to do with the number of relationships but rather the quality.

Healthy Social Connection has many benefits:

- **increased feelings of happiness**
- **longer lifespan**
- **protection from stress and anxiety**
- **helps regulate emotions**
- **boosts self-esteem**
- **keeps us and our communities safe**

Excessive social media use can drive disconnection. Digital interactions are not a replacement for in person communication and people often curate a version of themself online that differs from how they are truly doing.

You can build and improve social connection by pursuing a shared interest, volunteering to help others, Having distraction free conversations, and disconnecting from social media. See our menu of activities to try out.

Social Connection

menu of activities

call (don't text) a friend or family member you haven't spoken to in a long time

choose a book, article, blog post, show or similar to consume with a friend or family member and then talk about it

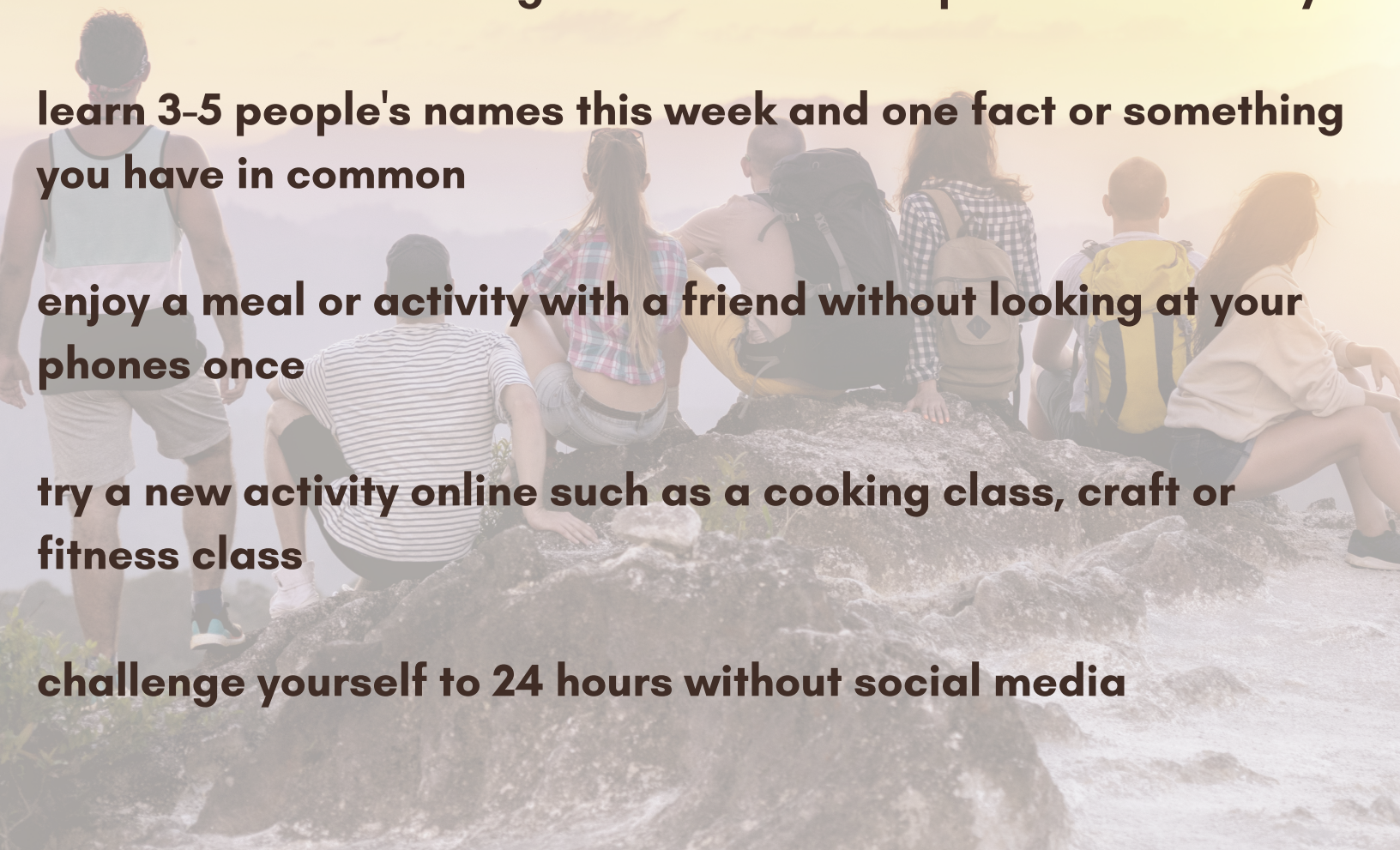
watch a movie or show with friends on Teleparty, or play a game using the Houseparty app

perform a random act of kindness for someone else

volunteer for a local organization either in person or virtually

learn 3-5 people's names this week and one fact or something you have in common

enjoy a meal or activity with a friend without looking at your phones once

try a new activity online such as a cooking class, craft or fitness class

challenge yourself to 24 hours without social media