Connect to thrive

WHAT IS SOCIAL CONNECTION?

The subjective experience of feeling close to and a sense of belongingness with others.

THE BENEFITS OF HIGH SOCIAL CONNECTION:

- 50% increased chance of longevity
- Stronger gene expression for immunity (research by Steve Cole, UCLA)
- Higher self-esteem and empathy
- Better emotion regulation skills
- Lower rates of anxiety and depression
- Social connection creates a positive feedback loop of social, emotional, and physical well-being.

THE DANGERS OF LOW SOCIAL CONNECTION:

- Worse for health than smoking, high blood pressure, or obesity
- Higher inflammation at the cellular level
- Slower recovery from disease
- Increased antimicrobial behavior and violence
- Higher susceptibility to anxiety and depression
- Suicide

HOW MUCH SOCIAL CONNECTION DO AMERICANS HAVE?

25% of Americans claim that they have no one to share a personal problem with. Loneliness is the main reason why people seek psychological counseling.

HOW CAN I INCREASE MY SOCIAL CONNECTION? I'M AN INTROVERT, A LONER OR HAVE NO FRIENDS. WHAT SHOULD I DO?

- Give, Share, Support & Do acts of service and kindness for others.
- Practice compassion and volunteering.
- Create a sense of connection and purpose.
- Surround yourself with people who make you feel good, and be more likely to connect, reach out to others, and make the world a happier and safer place.
- For help, please go to www.emassepalla.com.

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