

# The Benefits Of Making New Connections

As we age, we may become more likely to grow isolated and concentrate less on our social life. Studies have shown that seniors who maintain an active social life show improved mental and physical health which is why it is so important to incorporate meaningful social connections into our daily lives. As a part of our social construct as humans it's important we make new connections, which can include spending time with new friends, family or joining a new group! Learn more about the benefits of making connections:



- 1. Improve your mental health.** Stress and depression can increase when you fail to socialize. Keeping in contact with friends can help maintain your emotional wellness. Social activities can even improve the cognitive function of the brain.
- 2. Improved physical health.** The act of being invited, accompanied or encouraged by others to engage in physical activity can increase your or a loved one's blood pressure, boost the immune system and reduce physical pain. Social relationships often naturally lead to more physical activity. You may find yourself going on a short walk with friends or attending a knitting club!
- 3. Develop better eating and sleeping habits.** As we age we often become vulnerable to malnutrition. Studies show that when people dine with others, they often eat more food and healthier options than dining alone. Additionally, those with good relationships in their lives tend to sleep better than those without them.
- 4. A sense of belonging.** Social activities not only help you stay connected to those you care about most, but they can give you a feeling of belonging. Finding engaging ways to spend time with others allows you to build a support system.
- 5. Increased longevity.** Some studies have shown that those who are connected to others live a longer, happier life. Friends can help you deal with the stresses of life and can also encourage you to live a healthier lifestyle.

As we age isolation begins to play a more significant role. Lack of companionship may have a negative impact on your or your loved one's overall mental and physical health. Little to no social interaction can raise the probability for health issues like depression and heart disease. Make an effort to spend time with friends, family or join a new group and your body and mind will thank you.

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