

5 Facts about Social Well-being



Resiliency - Research shows that those with social connections handle stress better

Loneliness - According to recent polls, around 20% of Americans feel lonely in their free time

Improved Health - Laughter, hugs and social interactions are proven to increase physical health

Cholesterol - Lack of companionship is linked to increased cholesterol levels

Immunity - healthy relationships increase immunoglobulin levels & protect from illness

Want to increase your connections and reap the benefits of social well-being?

- **Plan a group activity** - Shared experiences help to bond. Try hot yoga, dog training or a drawing class. Anything you like will do.
- **Make a new friend** - Don't over complicate it. Start small. Interact more at the gym, a summer concert, or your local coffee shop.
- **Volunteer** - Do a service project you believe in. Meet people along the way while you help others in your community



Seattle