

For the Health of IT! July 15, 2024



Social Wellness – “Connection is Medicine”

Healthy relationships and social connections play an important role in our physical and mental wellbeing. Connecting with others and being part of a community can provide a boost to the immune system and increase longevity. Social support can help with maintenance of healthy body weight, improve diabetes control, decrease risk of cardiovascular disease, decrease depressive symptoms, and improve mental health.

Ways to enhance your social connections:

Join a group focused on your favorite hobby.

Volunteer in your community at a school, library, or hospital.

If you are responsible for the care of others, consider joining a caregiver’s support group.

Call or connect with a friend or family member during a daily walk.

Share your goals with others. Ask for their support.

Practice listening. Ask questions of others, listen well to the answers, and respond warmly.

Perform random acts of kindness.

Double up! Combine socializing with physical activity! Join a fitness community or group.