

10 Benefits of Social Relationships

People thrive when we get and give ample social support — that feeling of being cared for, listened to, and loved.

Having a good quantity and quality of social relationships enriches our lives in numerous ways.



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Strong social connections can:

1

Increase your lifespan by 50%¹

2

Improve your physical health

3

Brighten your mental outlook

4

Boost your self-esteem

5

Facilitate greater empathy

6

Help you better recover from disease

7

Foster a sense of meaning and purpose in your life

8

Trigger the release of stress-reducing hormones²

9

Provide a heightened sense of security and belonging

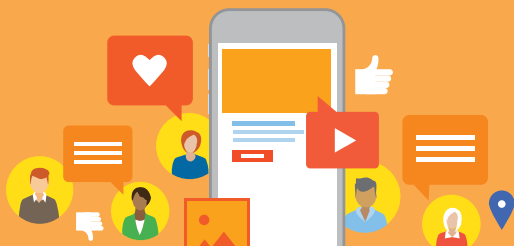
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Shape your health throughout the course of your life³

Sources: ¹Scientific American; ²Harvard Medical School; ³National Institutes of Health.

Discover the steps you can take to build and strengthen social connections at

CommitToConnect.org



Social ties affect our mental and physical health, as well as our mortality risk.

