

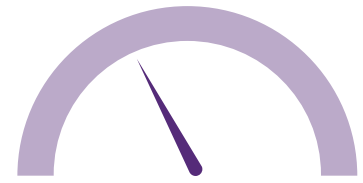
Benefits of social connection

Social connection is fundamental to our physical and mental health. It also helps to protect us against loneliness, a condition which almost **one in 14 people** in Great Britain experience - which increased by 40% between spring 2020 - 2021.

This infographic explores some of the many ways our social relationships with others can help to support our overall health and wellbeing.



1.



Helps to lower risk of

Obesity

Dementia

Heart disease

Stroke

High blood pressure

2.



3.



4.

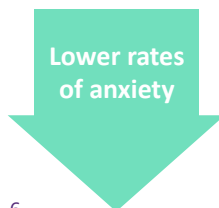


A friend who is happy and lives close by can lead to a

25%
increase in happiness

Social bonding can trigger a release of oxytocin. This helps to improve mood and decrease our stress levels.

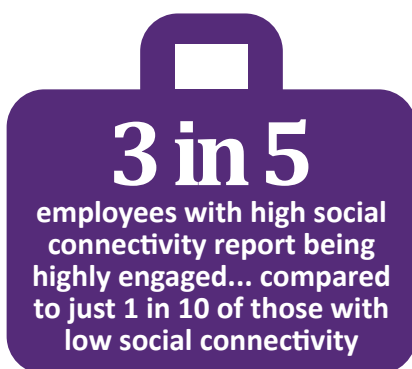
5.



6.



7.



8.

Strong social connections can have a positive impact on work performance and employee resilience. They can also help to enhance our motivation to achieve our professional goals.



Three ways to help improve your social connections:

Take part in a new class or volunteering opportunity to help meet new people.

Reach out to someone you've lost touch with, or haven't spoken to in a while.

Practice **compassion** - this can help you to listen to people with empathy, in a non-judgemental way.

For further support visit [Campaign to End Loneliness](#), [Every Mind Matters](#) and [Very Well Mind](#). If you're struggling to make social connections and want to speak with someone you can call the [Samaritans](#) 24/7 helpline on 116 123.