

Journey to Wellness — A free self-guided healthy living program

Make social connections



Want to be happy,
feel supported and
manage stress better?
Connect with others.

Humans are social beings. Your connection with other people is basic to your happiness, sense of support and well-being. Meaningful relationships are shown to boost happiness, cognitive abilities and health. Socializing staves off feelings of loneliness, helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer.

Social connections are good for you

Having social connections and a sense of belonging are protective factors to help you manage stress and give you a sense of support and a feeling that you are not alone. People who feel supported are more resilient and often can cope more effectively with difficult times in their lives.

Happiness increases with social connections

Actions and thoughts can influence your level of happiness. People who report being happy and having more resilience practice these behaviors:

Gratitude. Find appreciation for big and small things.

Social connection. Nurture relationships and seek new connections.

Compassion. Be kind and nonjudgmental.

Sense of purpose. Find your passion in meaningful activities.

Mindfulness. Focus on being in the present moment.

Increase social connections with friendships

Maintaining and developing new friendships can increase social connections, enrich your life and improve your health. Here are some ideas on how to meet and make new friends:

- Attend community events.
- Extend and accept invitations.
- Join a faith community.
- Stay positive and have a friendly attitude and demeanor.
- Take a walk and meet your neighbors.
- Take up a new interest.
- Volunteer.

It's never too late to develop new friendships or reconnect with old friends. Investing time in making friends and strengthening your social connections can pay off with a brighter outlook and better physical and mental health.

Information adapted from Mayo Clinic resources: [Friendships: Enrich your life and improve your health](#), [Happiness, Is having a sense of belonging important?](#) and Mayo Clinic Minute [The benefits of being socially connected](#).

[mayoclinichealthsystem.org](https://www.mayoclinichealthsystem.org)

©2023 Mayo Foundation for Medical Education and Research. All rights reserved. MAYO, MAYO CLINIC and the triple-shield Mayo logo are trademarks and service marks of MFMER.

[mayoclinichealthsystem.org/journey](https://www.mayoclinichealthsystem.org/journey)

