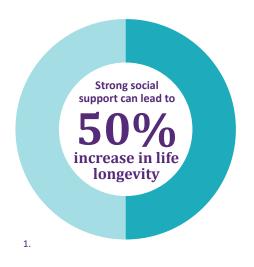
Benefits of social connection

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.





Helps maintain thinking skills as we age

Supports vour immune system

Increase in self-esteem Increase in resilience

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

3.

4.

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

5

8.

Lower rates of anxiety 6

Lower rates of depression

employees with high social connectivity report being highly engaged... compared to just 1 in 10 of those with low social connectivity

Employee performance increases

Workplace[®] productivity increases

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.

