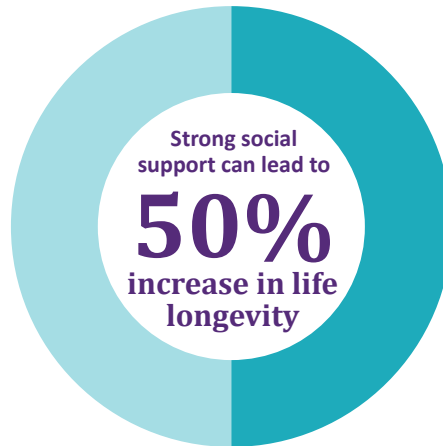


Benefits of social connection

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.



2.



3.



4.

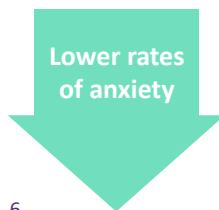


A friend who is happy and lives close by can lead to a

25%
increase in happiness

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

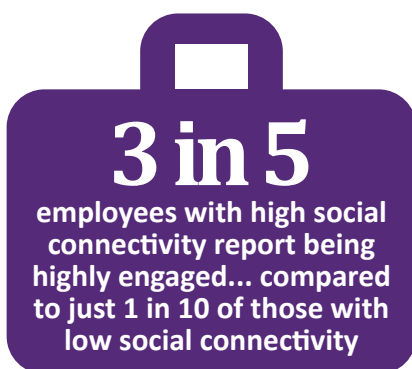
5.



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.