

THE SOCIAL PRESCRIPTION:

How Relationships Boost Our Health



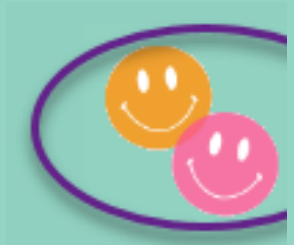
Social connection is as essential as food and shelter



Humans are inherently social creatures

Mental Health Benefits

Reduces stress, anxiety,
and depression



Improves mood
and self-esteem



Physical Health Benefits

Strengthens immune system



Lowers risk of cardiovascular disease



Increases longevity



Cognitive and Emotional Benefits



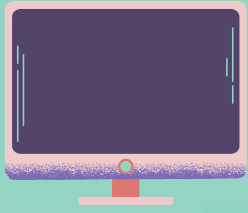
Enhanced cognitive function



Increased sense of belonging and purpose

Connections for Health Conditions

Support groups



Online health communities

Adaptive activities



Therapy animals and pet ownership

Social Connections Across Age Groups



Children: Playdates, school, family activities

Teens: Friend groups, sport teams, social media



Young adults: College, workplaces, dating apps

Older Adults: Community centers, hobby groups, grandparenting



Fostering Connections Across Economic Levels

Free community events



Volunteer opportunities

Online platforms



Faith-based organizations



Overcoming Connection Barriers



Time Constraints



Geographic isolation

Social anxiety



Language or cultural differences



Technology and Social Connections

Social media
platforms



Online gaming
communities

Virtual reality
social spaces



Control stress related eating

Before reaching for an unhealthy snack
think “HEART” and ask yourself:

Am I Hurt?

Am I Exhausted?

Am I Angry?

Am I Resentful?

Am I Tense?



Get DOSE of “happy chemicals” to manage your stress

Dopamine

The REWARD chemical
Complete a task
Do self-care
Enjoy a meal
Celebrate a win



Oxytocin

The LOVE hormone
Play with a pet or child
Hold hands
Hug your family
Give compliments



Serotonin

The MOOD STABILIZER
Meditate
Walk in nature
Get sun exposure
Do cardio activity



Endorphins

The PAIN KILLER
Laugh at a comedy
Exercise
Smell essential oils
Taste dark chocolate

