

# Social Connections Tip Sheet

Connection is an internal, subjective feeling of being close with others and having a sense of belonging. Research shows high social connection improves physical and mental health. People who feel connected have lower levels of anxiety and depression, have greater empathy, and can have a 50% increased chance of living longer. The good news is if you do not feel you have social connection, it can be nurtured!



## It is Not About the Number of Friends You Have.

Whether you have a lot of friends or few friends, you can feel high social connection, or you may have feelings of loneliness or isolation. What matters is an internal feeling of connection, regardless of the number of friends.



## Take Care of Yourself.

Stress is linked to high self-focus and lower sense of connection. If you are happy from within, you are more likely to feel connected and to reach out to others.



## Help Others.

Do acts of service and kindness for others. Research shows volunteering can help create a sense of connection and purpose.



## Let Others Help You.

When we need help, we need to ask for it. Research shows people are willing to help, but don't know we need help if we don't ask. And it will help create a sense of belonging for those we ask!

Source: Seppala, E. (2017, June 28). Connectedness & health: The science of social connection. Retrieved December 17, 2020, from <http://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>

For more information about January Mental Health Month please visit [go.osu.edu/MentalHealthMonth](https://go.osu.edu/MentalHealthMonth) or [facebook.com/ohio4h](https://facebook.com/ohio4h)

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