

WHY IS THIS TOPIC IMPORTANT?

Staying connected to others is an important part of your health. Social wellness is about building and maintaining relationships that help you feel supported, valued, and less alone. Spending too much time alone can affect both your emotional and physical health. Social isolation has been linked to increased stress, lower mood, and even health conditions such as heart disease. On the other hand, staying connected can improve your mood, boost your energy, and help you feel more engaged in daily life.



WHY SOCIAL CONNECTIONS MATTERS

Humans are naturally social. Talking, sharing, and spending time with others can:

- Improve mood and reduce feelings of loneliness
- Support emotional and mental health
- Help you feel more connected and supported

Even small interactions, like a phone call or a short visit, can make a big difference.

UNDERSTANDING SOCIAL ISOLATION

Sometimes life changes (like retirement, health challenges, or losing loved ones) can make it harder to stay connected.

You may be experiencing social isolation if you:

- Feel lonely or disconnected
- Have limited contact with friends or family
- Spend most days alone

Recognizing this is important, because connection is a key part of overall wellness.

WAYS TO STAY CONNECTED

01/

Call or text a friend or family member

02/

Join a local senior center or community group

03/

Participate in activities you enjoy (clubs, classes, hobbies)

04/

Volunteer in your community

05/

Attend local events or programs

REMEMBER

Even one small connection each day can improve your well-being.



Ask yourself:

“Who is one person I can connect with today?”

TRY THIS THIS WEEK:

Choose one small way to connect:

- Call someone you haven't spoken to in a while
- Visit or look into a local senior center
- Attend a community event or activity

RESOURCES

- 01/ Senior Centers in Mercer:
<https://princetonnj.gov/686/Senior-Centers-in-Mercer-County>
- 02/ Video on Social Wellness:
https://youtu.be/S_phOuofJRU?si=Ky3XKEewkCt_eysg
- 03/ Family and Community Health Sciences:
<https://mercernjaes.rutgers.edu/fchs/>
- 04/ Chase Away Loneliness:
<https://njaes.rutgers.edu/sshw/message/message.php?p=Health&m=1545#:~:text=Existential%20loneliness%20is%20the%20search,real%20relationships%20into%20your%20life.>
- 05/ Volunteering Opportunities:
<https://extension.rutgers.edu/volunteer>

