



# HEALTHY CONNECTIONS.

## HEALTHY BRAIN.

Healthy connections with others are important! Strong relationships with others help you feel loved, supported, and valued. They also give you a sense of belonging. Spending time with family and friends isn't just enjoyable - it's good for your health. Regular social time can reduce stress, anxiety, and depression. It can also lower your risk of heart disease, stroke, and even memory problems or confusion. On the other hand, spending too much time alone can harm your brain health. Feeling lonely or disconnected can be as harmful as smoking 15 cigarettes a day.

### **Here is how you can build strong, healthy connections:**

- Promote kindness, respect, service, and commitment to one another.
- Join volunteer, faith-based, social, or other groups as a source of support.
- Start a weekly walking group with friends.
- Develop meaningful relationships with people different from yourself.
- Make frequent face-to-face interactions with family and friends a priority.
- Use video calls and social media wisely to strengthen relationships with others.

# For More Information

## About Social Connection

- **Social Connection**  
<https://www.cdc.gov/social-connectedness/about/index.html>
- **The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community**  
<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>
- **WHO Commission on Social Connection**  
<https://www.who.int/groups/commission-on-social-connection/report>

## About Healthy Aging

- **National Association of Chronic Disease Directors Healthy Aging Programs**  
<https://www.chronicdisease.org/Healthy-Aging>
- **CDC Healthy Brain Initiative**  
<https://www.cdc.gov/alzheimers-dementia/>
- **Alzheimer's Association**  
<https://www.alz.org>



**NATIONAL ASSOCIATION OF  
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Promoting Health. Preventing Disease.

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[chronicdisease.org](https://www.chronicdisease.org)

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