

Importance of In-Person Social Connections



Social connections are the relationships we build and the sense of belonging we feel within our families, friendships, and communities. These connections are not just nice to have, they are important for our overall health and well-being. A strong social network offers emotional support, and comfort during life's challenges, and brings more joy and meaning into our daily lives.

Research shows that people with strong social connections often feel less stressed, sleep better, and have better mental health. A lack of meaningful connections can lead to loneliness, anxiety, depression, and difficulty concentrating. It can even affect our physical health, by raising blood pressure or weakening the immune system. **Simply put, humans are wired for connection.**

While technology has made it easier to stay in touch through texts, phone calls, and video chats, virtual communication cannot fully replace the benefits of in-person interaction. Face-to-face conversations allow us to read body language, share laughter, and feel physical presence, which strengthens trust and emotional bonds.

Making time for in-person relationships does not have to be complicated. Small efforts can make a big difference. **Here are some ways to you can build in-person social connections:**

- Meet for coffee or tea to catch up in a relaxed setting.
- Go for a walk with a friend.
- Plan a group activity like going for a fitness class or starting a book club.
- Invite a friend over for dinner or a games night.
- Join a local club or sports team.
- Volunteer in your community.
- If you cannot meet in-person, choose a video call rather than texting to stay connected.

By choosing to show up for one another in person, we invest not only in our relationships but also in our long-term well-being.



For more information visit:
WWW.MAGNAWELLNESS.COM

GOOD for you
Health and Wellness
for Magna Employees

MAGNA