

Weekly Wisdom

Grow the Green for You and Your Team



"In other words, people who are disconnected lead sicker, sadder, and shorter lives."



The Power of Social Connection

Warm social relationships are the most important predictor of happiness across our lifespans. Wow. It's like a happiness pill!

We all need social connections, and isolation and loneliness are associated with poorer well-being.

Canadian researchers have proposed public health guidelines for social connection that include the following:

- Have 3-5 close friends you can call on when you need help.
- Get 1-3 hours of social interaction each day.
- Prioritize spending time with your friends.
- Don't ignore the importance of "weak ties" - your neighbors, baristas, etc.
- Reach out to old friends. Make new ones.
- Know the risks of living alone.
- Restore yourself with time alone.