

# Social Connectedness: a Powerful Health Practice

- Helps prevent disease and illness
- Increases longevity
- Improves cognitive strength
- Much of our happiness comes from relationships

## Connect with EASE

If you know someone who wants to increase their social connectedness, you can advise them to follow EASE:

- E Extend yourself**  
Send out small social signals. Take tiny steps in small doses of positive sensations that originate with social interactions.
- A Action plan**  
Acknowledge it's difficult and why. Be intentional and plan to seek out connections.
- S Seek collectives**  
Connection is not about being interesting, but rather: be interested.
- E Expect the best**  
Expect warmth and connection.

Cacioppo, 2009

## What can protect and promote social connectedness?

- Treatment of health issues, including mental health
- Transportation resources
- Feeling safe in one's neighborhood
- Resources to help support us during trauma and transitions

