



# Live in the moment

## Making social connections and friendships

Today we use our phones and computers to interact in more ways than ever before. But social media is no substitute for connecting with others. And the use of technology can add to feelings of lonesomeness and isolation. More than 1 in 5 Americans say they always or often feel withdrawn or socially detached.<sup>1</sup>

Being lonely can be associated with serious health conditions like heart disease and depression. The good news is there are things you can do to stay active and connected. So, make time for others in your daily life. Keeping active and having relationships can help you on a path to better health and well-being.

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# Tips to keep you socially active

Getting out and living your life can go a long way toward helping you feel and live your best. Here are some ways to help you connect with others.



## Find new activities

Do things you enjoy and learn new hobbies. It's a great way to have fun and meet people with common interests.



## Get moving

Walk, run, dance, bike or try other exercises with a friend. It can help decrease stress, increase energy and enhance your mood.



## Volunteer

Helping others can be rewarding — and there's a good chance it will help you feel better about yourself.



## Stay in touch

Check in with family, friends, coworkers or neighbors and have a conversation.



## Adopt a pet

Pets can be comforting and may also lower stress and blood pressure.

**Make time to connect with others** – it's well worth the effort! Talk to your doctor or counselor if you are feeling lonely or isolated.

<sup>1</sup>KFF/Economist Survey: One in Five Americans Report Always or Often Feeling Lonely or Socially Isolated, Frequently With Physical, Mental, and Financial Consequences

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