

Health Benefits to Socializing with Others

People are innately social creatures. Even the most introverted crave social interaction from time to time. And that's good news. Social interaction is good for our minds, bodies and souls.

In fact, studies show when you have a satisfying relationship with a romantic partner, family, friends, neighbors, co-workers or others, you're happier, have fewer health problems and live longer.



The amount and quality of your relationships matter. A social connection means having meaningful and regular social exchanges, a close bond with others and a person to turn to for support in times of need.

There's more to living a healthy lifestyle than simply eating well and exercising regularly. You have to connect, too.

Increasing social interactions, such as going out with friends or joining a club, not only gives you a sense of belonging and connectedness, yet fun, to boot, to share experiences together. Plus, when people feel supported by others, they tend to have better self-esteem and a greater sense of purpose in life.

Social connection can help prevent serious illness and negative outcomes. Socializing strengthens your heart by lowering blood pressure and reducing inflammation and gives your immune system a boost to help you recover from illness faster.

Socializing stimulates brain activity as it constantly engages and exercises the mind. In fact, research shows older adults who regularly socialize have a better working memory, processing speed and verbal fluency.

Social interactions can enhance good health through a positive influence on other's lifestyle habits. If none of your friends smoke, you're less likely to do so.

If you weren't already, hopefully now you are motivated to get out there and mingle—even if it's once in a while. Join a group focused on your interests or hobbies, take an exercise class, like yoga or tai chi, volunteer at your local church, school, library or hospital, or lend a helping hand at your community garden. It doesn't matter how you get involved; what matters is the social connections you make while doing so.