



Celebrate Connections

Nourish Current Relationships and Cultivate New Ones!



Tips For Celebrating Social Connections

How would you like to improve your overall well-being?

Making meaningful social connections can positively impact mental, emotional, and social well-being. Friendships elevates our hearts.

Here are a few tips to help develop or enhance social connections:

- Be an active listener by staying in the present.
- Have the mindset to learn, being open to learning from others.
- Be genuine and authentic.
- Remember quality of connections counts more than quantity.
- Practice acts of kindness at work, in your neighborhood, and with current friends.
- Try to find group activities that draw you; there you are likely to meet people with common interest:
 - Volunteer somewhere,
 - Take a class or join a club.
 - Attend art gallery openings, book readings, lectures, or music recitals.
- Remember take time to deep breath and smile. 😊

Why Positive Social Connections Are Important

- A Kaiser Family Foundation report published in 2018 found that loneliness led people to poor health behaviors. Forty-three percent of people who felt loneliness turned to binge eating, 34 percent smoked cigarettes, and 21 percent used alcohol or drugs to soothe their feelings. (Everyday Health)
- Dr. Vivek Murthy, former Surgeon General of the United States, recently wrote: “Loneliness and weak social connections are associated with a reduction in lifespan similar to that caused by smoking 15 cigarettes a day.”(Our World Data)
- The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships. (Functional Medicine Coaching Academy)
- Strong social connection leads to a 50% increased chance of longevity. (Ornish Lifestyle Medicine)

[Connectedness & Health: The Science of Social Connection - The Center for Compassion and Altruism Research and Education \(stanford.edu\)](#)

Group Next Visits

- Tuesday, February 7th, at 10am
Topic: Being Social Builds Your Health- Lori Ponge, MSN, RN, NEA-BC, FCCH Behavioral Health Educator
- Tuesday, February 14th, at 10am
Topic: What is Best Life First Choice?
- Tuesday, February 21st, at 10am
Topic: Stress Management
- Tuesday, February 28th at 10am
Topic: Fats

Lifestyle Events Around

- Free Gentle Yoga with Nova
Off Center Community Arts Project
10:30 am - 12noon
808 Park Ave SW
Dates: 1/28, 2/11, 2/25, 3/11, 3/25, 4/8
<https://www.offcenterarts.org>
- Free Latin Dance every Saturday.
5-9pm at Nativo Lodge
6000 Pan American Frwy NE
Info.@bodysemtion.com
- Cupid's Chase 5K - \$35
Benefits people with disabilities
Saturday, February 11th at 12noon
9401 Balloon Fiesta Parkway NE,
[2023 Cupid's Chase 5k Albuquerque - Campaign \(comop.org\)](#)

Have Questions?

Contact:

Toya Abatso-Diaz
Lifestyle Medicine Coordinator
South Broadway Clinic
505-924-7993