



Staying Connected Keeps Us Young!

Staying connected can be very difficult as you age—even for those who have always had an active social life. Loneliness and isolation are major threats to aging well. Having people you can turn to for company and support is a buffer against depression, disability, hardship, and loss is essential for Growing Younger.

Tips for Building and Maintaining a Sense of Community:

- **The need for intimacy is ageless. Keep in touch – literally.** We can share this power daily with hug from a spouse, friend, a pat on a shoulder from a neighbor or cuddling with a pet.
- **Connect weekly with friends and family...** Get out of the house regularly (if possible), be with others face to face and socialize.
- **Make an effort to make new friends.** Find neighbors or groups with activities you enjoy and join in on the fun!
- **Spend time with at least one person every day.** You shouldn't be alone day after day. Phone or email contact is not a replacement for face-to-face contact, which helps you ward off depression and keep a positive attitude.
- **Find support groups in times of change.** If you or a loved one is coping with a chronic illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.
- **Become a lifelong learner.** Taking classes at a local college, technical school or community center keeps you connected
- **Find a way to share a good laugh once a day.** Laughing is a whole body stress reducer and immune system booster.

You can reduce your mental age from 2 to 8 years just by having regular contact someone you care about and sharing a daily laugh or joke.

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