



HOLIDAY HEALTH TIPS

“Sharing experiences is part of being human. And many studies have shown that loneliness has a negative effect on our wellbeing”, reports an article for Medical News Today summarising the importance of connecting with others for overall wellbeing.

It further adds that humans are social beings that require friendships, and the basis of friendship is valuing one another – “each individual offers something valuable to another individual.”

Connecting with others for social health

WebMD reports that friends offer many benefits, including “preventing loneliness, increasing our sense of belonging and purpose, boosting our happiness while reducing stress, and help improve our self-confidence and self-worth”, amongst other things.

Moreover, spending time with friends or loved ones “can often lead to laughter and taking part in activities that raise the spirits and provide a distraction from the more serious side of life.”

Additionally, reciprocity – give and take – “is an important part of the process” for building and maintaining connections with others.

Connecting with others this holiday season

Healthline marriage and family therapist Jennifer Litner and nutritionist Sarah Garone share these tips to connect with others this holiday season:

- Plan a holiday celebration with friends that you would usually spend with family.
- “If you’re new to a relationship, keep the stakes low with a casual invitation to do some holiday shopping together.”
- Volunteer at an event in your community to lift the spirit of others.
- “If your social calendar is feeling a bit sparse, check local listings for activities that will get you out of the house – preferably with a friend.”
- Head over to a neighbour with holiday snacks. “Offering small gestures of goodwill to those who live nearby is a surefire bridge-builder for local community.”

Connect with others this holiday season to build solidarity in your neighbourhood and social community.

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