

# The Benefits of Staying Social with Age.

Check out these five reasons to stay social.



As we age, we may tend to not put as much focus on our social life. This is a mistake that can negatively impact your or a loved one's well-being. Studies have shown that older adults who maintain an active social life show improved mental and physical health. Here are five reasons why staying social is good for you!

## 1. Improve your mental health.

Stress and depression can increase when you fail to socialize. Keeping in contact with friends can help maintain your emotional wellness and improve the cognitive function of the brain.

## 2. Improved physical health.

Socializing consistently can lower blood pressure, boost the immune system and reduce physical pain. Social relationships often naturally lead to more physical activity. You may find yourself getting together with a workout buddy, walking group or joining friends on the golf course.

## 3. Develop better eating and sleeping habits.

As we age we can become more vulnerable to malnutrition. Studies show that when people dine with others, they often eat more food and healthier options than dining alone. Additionally, those with good relationships in their lives tend to sleep better than those without them.



## 4. A sense of belonging.

Social activities not only help you stay connected to those you care about most, but they can give you a feeling of belonging. Finding engaging ways to spend time with others allows you to build a support system.

## 5. Increased longevity.

Some studies have shown that those who are connected to others live a longer, happier life. Friends can help you deal with the stresses of life and can also encourage you to live a healthier lifestyle.



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