

SOCIAL SUPPORT

The Value of Your Connections



Our social network plays a pivotal role in our overall well-being, acting as a crucial buffer against the stresses of life. According to the Center for Disease Control (2023), "When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety, and depression."



CorpCare

CorpCare is here to aid in providing emotional support and mental health counseling for your team. Interested in adding EAP to your organization?

CorpCare is here to help.

Give us a call today.

877-843-6036

CARING • SUPPORTIVE • CONFIDENTIAL



The Benefits of Social Support

- Increased dopamine (our feel good chemical) levels in the brain
- Prevention of serious illness and outcomes
- Improved mood and resiliency to stress
- Reduces risk of violent and suicidal behaviors
- Improved sleep and overall quality of life

Ways to Connect

- **Be Proactive in Your Community:** Whether it's a book club, a sports team, or a volunteer group, these are excellent places to meet people who share your passions. Active participation not only enriches your social life but also contributes positively to your community's well-being.
- **Leverage Social Media with a Purpose:** Join groups or follow pages that resonate with your interests. It's important to use social media mindfully, focusing on genuine interactions rather than superficial connections. Engaging in meaningful conversations and showing genuine interest in others can lead to deeper relationships.
- **Offer Your Support to Others:** By being there for others in their time of need, you not only strengthen your existing relationships but also demonstrate your willingness to be a supportive friend. Offering help, a listening ear, or even just your company can make a big difference in someone's life and can establish a strong foundation for mutual support.