

# Five Reasons to Stay Social

As we grow older, it's easy to let our social lives take a backseat. However, doing so can negatively impact our overall well-being and that of our loved ones. Research has consistently shown that maintaining an active social life improves both mental and physical health in older adults. Discover five compelling reasons why staying social is crucial as you age:



## Boost Mental Health

Failing to socialize can lead to increased stress and depression. By keeping in touch with friends and maintaining social connections, you can significantly contribute to emotional wellness and even improve cognitive function.

## Enhance Physical Health

Consistent socializing benefits your physical well-being by helping lower blood pressure, boosting the immune system, and reducing physical pain. Engaging in social relationships often leads to increased physical activity, such as meeting a workout buddy, joining a walking group, or enjoying a round of golf with friends.

## Improve Eating and Sleeping Habits

Aging can make us more vulnerable to malnutrition, but socializing during meals can positively impact our eating habits. Research suggests that dining with others often results in consuming more food and making healthier choices. Additionally, strong relationships tend to improve sleep quality, ensuring a better night's rest.

## Foster a Sense of Belonging

Social activities help us stay connected to those we care about most and provide a deep sense of belonging. Engaging meaningfully with others allows us to build a support system and form lasting connections that contribute to our overall well-being.

## Promote Longevity

Numerous studies have shown that individuals with strong social connections tend to live longer and experience greater happiness. A supportive network helps us cope with life's stresses and encourages healthier lifestyle choices.

Please select one of our locations by visiting [www.covliving.org/locations](http://www.covliving.org/locations) to learn more about the services we provide.