

Five Reasons To Stay Social As We Age



A lack of companionship is a common concern for adults as we get older. An active social life can not only combat loneliness, but also improve our mental and physical health. Keep reading for five reasons why staying social is important.



1. Improves your mental health. Keeping in contact with friends and family helps to maintain our emotional wellness. Something as simple as calling a friend can reduce our likelihood of experiencing stress or depression and can even improve the cognitive function of the brain.

2. Improves physical health. Socializing consistently can lower blood pressure, boost the immune system, and reduce physical pain. These relationships can also lead to more physical activity—for example, finding a workout buddy, a walking group, or joining friends on the golf course—which will help us feel healthier.

3. Develops better eating and sleeping habits. As we age, we can become vulnerable to malnutrition, especially if living alone. Studies show that when people dine with others, they eat more food and make healthier options. Additionally, those with meaningful relationships tend to sleep more soundly than those without them.

4. Offers a sense of belonging. Social activities give us a feeling of belonging and can help life feel more meaningful. When we're part of a group or a club, we're building relationships, making memories and creating a support system to lean on if needed.

5. Increases longevity. Studies show that all of these factors combined—an active social life, frequent physical activity, better health habits—can actually help us live longer.

This is part of the reason why many aging adults choose to move to senior living communities—you can live amongst others with similar interests and experiences plus there's often a full schedule of group classes or activities that can help to provide all of these mental and physical benefits for seniors.



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