

# 6 REASONS HUMAN CONNECTION MATTERS



## **INCREASES HEALTH**

Genuine, nourishing friendships boost your immune system, improve your prognosis with various chronic health conditions, and lower your blood pressure—and that's just the tip of the iceberg. Emotionally, connections help reduce your risk of disorders from depression and Post-Traumatic Stress Disorder to anxiety disorders and substance abuse.

## **SPARKS CURIOSITY**

As children, we're naturally curious—it's how we grow and learn—but by the time we start school that sense of wonder starts to escape us. When we show-up, listen without judgement, ask questions, actively listen, and remain present we build connection with others; allowing us to share ideas that can change the world.



## **BUILDS COMMUNICATION**

Improving your communication skills doesn't only help you become a more effective leader but also helps you be a good friend, brother, sister, son, daughter, and significant other. Getting to know your audience is one thing. When we practice being a good listener, we can pick up on verbal and non-verbal cues, strengthening communication.

## **GIVES LOVE A CHANCE**

Self Love is one of the most important loves of all. When we learn to love ourselves completely, then we can truly love others; helping to eliminate depression, low self-esteem, and increasing meaningful interpersonal relationships.



## **STRENGTHENS THE MIND**

When there isn't connection there is disconnection; creating a state of loneliness. This loneliness changes our thoughts and that changes our brain chemistry bringing on negative side effects. Simply put, when we build healthy connections we help to create healthy minds, and in turn healthier communities.

## **BROADENS OUR JOURNEY**

There is no doubt that we live in a digital world. With billions of connections online you would think our calendars would be full but data shows we are less socially active. When we make real-life connections, we can experience the real-world around us; enriching our quality of life.



**PROGRAMS DON'T FIX COMMUNITIES, RELATIONSHIPS DO.**

[WWW.WEALLRISETOGETHER.ORG](http://WWW.WEALLRISETOGETHER.ORG)

### Other Resources

Thrive Global: The Science of Human Connection and Wellness

Entrepreneur: 14 Ways to Improve Your Communication Skills

Whole Life: 5 Ways to Cultivate Meaningful Human Connection