

Social Connection

Not a nice-to-have. A biological factor.

Managing stress protects your body. Connection is what protects your mind.

26%

Higher risk of early death from chronic loneliness — comparable to smoking 15 cigarettes a day.

Three Kinds of Connection That Matter

- **People**

One real conversation a week. A standing plan with someone who matters. Show up in person when you can.

- **Something Bigger Than Yourself**

Prayer, faith, community, or a clear sense of purpose. Linked to lower mortality and a stronger sense of meaning.

- **Nature**

Just 20 minutes outside measurably lowers stress hormones — the same outdoor time from your Daily Routine, doing double duty.

ONE RULE THAT CHANGES EVERYTHING

Reach out first, this week.

Don't wait for someone else to make the plan. Send the text, make the call, get outside. The people who feel most supported are usually the ones who initiate.

Connection protects your mind. What you put in your body protects — or undermines — everything else.