

Keep it Connected

Research has found that feeling positively socially connected can help your brain to

- Keep working efficiently
- Slow cognitive decline with aging
(e.g. memory, processing speed, executive functioning such as planning)

Feeling lonely however, can have a negative impact on your mental health, sense of well-being and cognitive performance.

Here are some simple things you can do to feel socially connected:

Maintain Existing Relationships

- ① Regularly meet friends & family
- ② Get a pet
- ③ Ask friends to join you in activities
- ④ Keep in touch with friends & family through social media



Create New Relationships

- ① Join a group, club, or committee
- ② Take up a new class
- ③ Volunteer to help others
- ④ Get to know your neighbours or work colleagues

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