



## Mental Health: Social Isolation & Mood

Social connection is a powerful determinant of mental and physical health. Isolation increases depression, stress, and metabolic risk. Humans are wired for connection. Loneliness is a health risk factor.

Social isolation elevates cortisol and inflammation. It worsens sleep and lifestyle adherence.

Lab trends often show increased inflammatory markers in chronically isolated individuals.

Connection improves resilience and longevity.

### 01 Is This Your Story?

A patient experiences anxiety spikes during work. When breathing techniques are used proactively, stress response decreases. Over time, BP and sleep improve alongside emotional regulation.

### 02 Try This Today

**Measure:** Assess frequency of meaningful social interaction.

**Do:** Reach out to one person today.

**Reflect:** Ask whether connection is being prioritized.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

