

BETter Living ...

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Keys to Embracing Aging – Social Activity

Do you enjoy socializing with others? If not, that is okay, but people who tend to mingle with others tend to be happier, healthier, less depressed, and have enhanced brain vitality. The fifth key we will review is Social Activity.

Benefits of Being Social

- Improved social skills
- Improved academic performance
- Positive attitude
- Enhanced self-esteem
- Connection to peers, groups and the community
- Reduced risk of illnesses and diseases including cardiovascular disease, osteoporosis, rheumatoid arthritis, certain cancers, Alzheimer's disease and other dementias
- Reduced risk of mental health disorders, such as depression
- Better brain health
- Overall happier and healthier lifestyle
- May help to increase the quality and length of life

Get Connected

- Join a community organization
- Organize or attend get-togethers with friends, family, or neighbors
- Go to a theater, movie, sporting event, or festival
- Travel
- Eat out
- Volunteer
- Take classes

Tips for Being Social

- Stay connected through technology – phone calls, email, social media sites
- Quality social interaction – helps provide joy, excitement, support, love and purpose to one's life.
- Be social when you don't want to be – create a schedule, participate in a support group, write down your social goals, take a class, and volunteer.

Engaging in meaningful social activity and establishing healthy lifestyle behaviors throughout your life will influence optimal aging.

I want you to strive to be social this week!

For more information, contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, btrieb@ksu.edu.