

CONCEPT: IMPORTANCE OF RELATIONSHIPS

Healthy Social Connections



Poor Social Connections

- Have positive effects on our _____.
- Reduce _____, strengthen immune system and can add years to lifespan.

- Can be _____ to our health.
- Isolation has the same health effects as smoking _____ cigarettes a day.





EXAMPLE

Select a statement that best describes how social connections impact overall health.

- a) Poor social connections and isolation only impact mental health.
- b) Having lots of social connections decreases the likelihood of catching a cold.
- c) Strong social connections support mental & physical health, while isolation increases risk of stress related illnesses.
- d) Isolation has no negative effects on mental health, only on physical health.

How Relationships Affect Health

- ◆ Healthy relationships can change our perspectives and affect the _____ we make.
- ◆ Provide social support through:

Social Support	
1 Emotional Support  ▪ Love, _____, trust.	2 Instrumental Support  ▪ Tangible help and _____.
3 Informational Support  ▪ _____ and information.	4 Belonging Support  ▪ _____ activities.

- ◆ **Social capital:** _____ of the relationships in your social network that provide social support.

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EXAMPLE

Marcel is feeling overwhelmed about studying for his biology final exam and is not sure where to start. Fortunately, his close friend Erica, who took the same class last semester, gave him pointers on what to focus on while studying. Which of the following does this example represent?

- a) Belonging support b) Informational support c) Instrumental support d) Emotional support

PRACTICE

Which of the following examples best represent emotional support?

- a) Vicki offered to drive her sister to work, while her car is being repaired after a minor accident.
b) Vicki invited her younger sister to join her book reading club.
c) Vicki's sister was recently laid off; Vicki let her sister know that her company is hiring for a similar position.
d) Vicki listens to her sister vent about the pressure she is under at work.