



# Health & Happiness PROJECT

## Welcome to Your **RESILIENCY** Toolkit

### Social Connections

#### What are the benefits of Social Connections?

- Above-average levels of happiness
- Lower levels of depression and anxiety
- Higher resiliency across stressful events and environments
- Lower blood pressure
- Better immune response
- Decreased levels of stress hormones
- Diminished pain
- Sharper memory



This project is a collaborative effort between Allina Health, Rice County Chemical Mental Health Coalition, Rice County Public Health, and United Way of Steele County.

