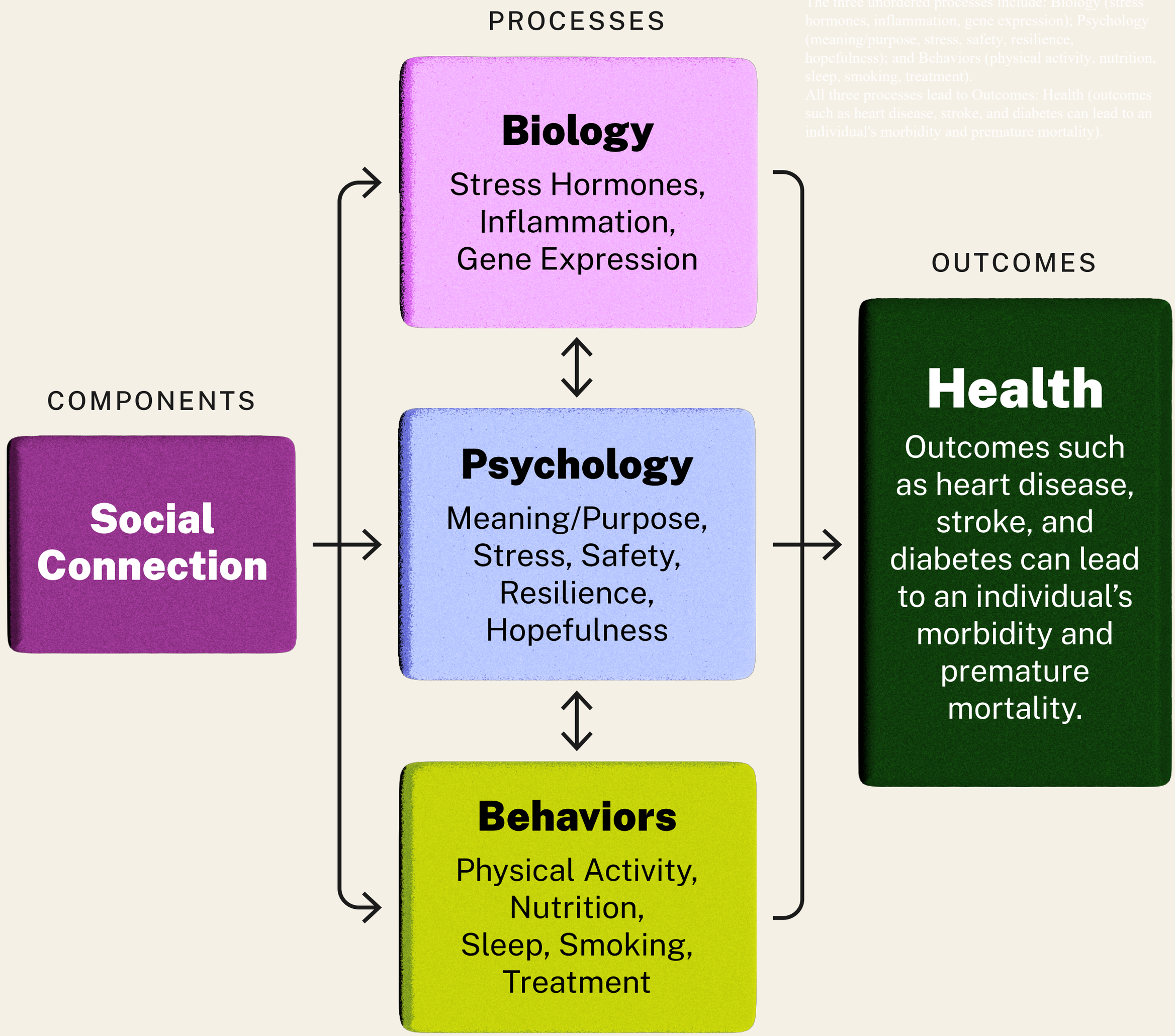
How Does Social Connection Influence Health?

Social connection influences health through **three principal pathways:** biology, psychology, and behavior.

Components: Social Connection leads to three Processes. The three unordered processes include: Biology (stress hormones, inflammation, gene expression); Psychology (meaning/purpose, stress, safety, resilience, hopefulness); and Behaviors (physical activity, nutrition, sleep, smoking, treatment).
All three processes lead to Outcomes: Health (outcomes such as heart disease, stroke, and diabetes can lead to an individual's morbidity and premature mortality).



Source: Holt-Lunstad J. The Major Health Implications of Social Connection. *Current Directions in Psychological Science.* 2021;30(3):251-259.

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