

**Mayo Clinic Minute**

**Benefits of being socially connected**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Socializing is good for your mind and body.
<b>Craig Sawchuk, Ph.D.</b> <b>Psychology</b> <b>Mayo Clinic</b>	"We are social animals by nature, so we tend to function better when we're in a community and being around others."
<b>Vivien Williams</b>	Dr. Craig Sawchuk says people who spend a lot of time alone, such as the elderly or new moms, may have an increased risk of depression and lower quality of life. You don't have to be supersocial to see benefits of connecting with others.
<b>Craig Sawchuk, Ph.D.</b>	"Just being able to shoot the breeze, you know, about certain things can be a very, very positive type of thing."
<b>Vivien Williams</b>	Dr. Sawchuk says socializing not only staves off feelings of loneliness, but also it helps sharpen memory and cognitive skills, increases your sense of happiness and well-being, and may even help you live longer. In-person is best, but connecting via technology also works.
<b>Craig Sawchuk, Ph.D.</b>	"There's an opportunity for some protective effects or some beneficial effects of being able to use technology to bring socialization to individuals rather than putting it on the individual to seek it out themselves."
	For the Mayo Clinic News Network, I'm Vivien Williams.