

WHY RELATIONSHIPS ARE IMPORTANT TO JOY?

Happiness and Health

EXPERIENCE OF LONELINESS TURNS OUT TO BE TOXIC, YOU COULD END UP BEING LESS HAPPY, HEALTH DECLINES MORE EARLIER IN MIDLIFE, BRAIN FUNCTION DECLINES SOONER AND YOU'LL LIVE A SHORTER LIFE. MORE THAN 1 IN 5 AMERICANS WILL REPORT THEY ARE LONELY.

THE SECRET TO LIVING LONGER IS HAVING PEOPLE WHO MAKE YOU HAPPY BY YOUR SIDE

SOCIAL CONNECTIONS ARE REALLY GOOD FOR US AND LONELINESS KILLS, PEOPLE WHO ARE SOCIALLY CONNECTED ARE HAPPIER, PHYSICALLY HEALTHIER, AND LIVE LONGER THAN PEOPLE WHO ARE LESS CONNECTED