

# Quality of Life TIPS & TRICKS

## Socializing matters and can greatly improve your health in the long run

Loneliness is more than just a feeling and can lead to severe health consequences, including anxiety, depression, heart disease, dementia, and stroke.

In a recent public statement titled “Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community,” Surgeon General Dr. Vivek H. Murthy calls for attention to the loneliness epidemic as an urgent public health issue in the United States and provides recommendations for how to address it. According to the advisory, approximately half of U.S. adults report experiencing loneliness, with some of the highest rates among young adults.

By nature, humans are social beings and loneliness can stem from the lack of social interaction and connection, according to medical experts. There are several factors and habits preventing individuals from taking more time to socialize. Social media, texting, and remote meetings do not satisfy biological socializing needs nor prevent the risk of loneliness. It is important to be intentional in allocating and devoting sufficient time to in-person interaction and socialization with family and friends.

Remember, as members of Primerus™, we are not participating in a passive referral organization, as we are all part of a global society of law firms. Primerus™ encourages the development of relationships, offering a platform to make meaningful friendships while promoting professional networking opportunities. Socializing through Primerus™ programs and attending in-person events can contribute to individual health improvement, offering a guardrail to experiencing the plague of loneliness in society.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Iker Dieguez. We also welcome your tips, which can be submitted to Paige Neirman at [pneirman@primerus.com](mailto:pneirman@primerus.com) for publication consideration.