

# VITAL COMPONENTS OF SOCIAL CONNECTIONS

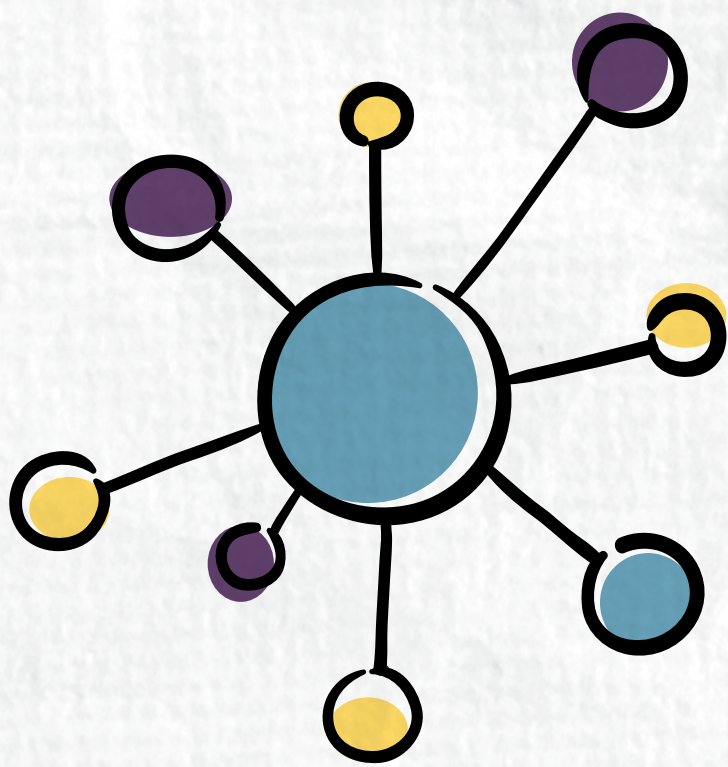


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Social connections are the interactions, relationships, roles, and sense of connection that humans experience. Social connection is dynamic - it changes over time - and there are many ways to connect socially. But each connection has one or more of these important components: structure, function, and quality.

**Each component is important for health, because having social connections can be a proactive approach to living a fulfilled and happy life.**

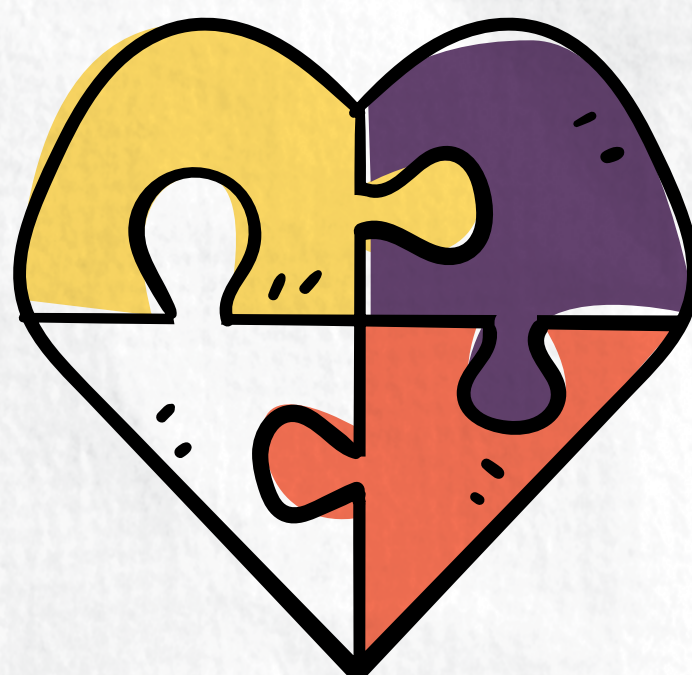
1



## Structure

The number and variety of relationships (friends, family, neighbors, coworkers, etc.), and how often interactions with others occur.

2



## Quality

Relationships and interactions that are positive, helpful, or satisfying.

3



## Function

How much others can be relied on for various needs, including emotional support, support in a crisis, spiritual support, instrumental support, and informational support.

