



The impact of social interaction on brain health

Humans are social beings. Interaction with others is important for all of us, and research shows that people with healthy social connections have a lower risk of developing dementia than those who are more isolated.

In recent years, researchers have studied the importance of staying connected and engaged with other people. Many of these results show that having meaningful relationships and social interaction is another important part in maintaining cognitive sharpness. Other studies show that socializing can also help us remember more and think more clearly.

Unfortunately, it seems that seniors often isolate themselves and their social lives diminish. During this season of life, people need the mental benefit of social interaction more than ever.

“Socialization is really critical, but we tend not to think of it from a health perspective,” says Paul Nussbaum, Ph.D., ABPP, clinical neuropsychologist and founder of Brain Health Center, Inc.. “Research has show that if a person isolates or segregates, the brain isolates and segregates.”

Social stimulation also helps us grow our brains in new ways, so it’s important to nurture existing relationships and build new ones.

Social checklist

- ✓ Stay connected to others on a daily basis
- ✓ Nurture existing relationships
- ✓ Build new relationships
- ✓ Join new groups
- ✓ Recreate more
- ✓ Laugh more
- ✓ Have fun