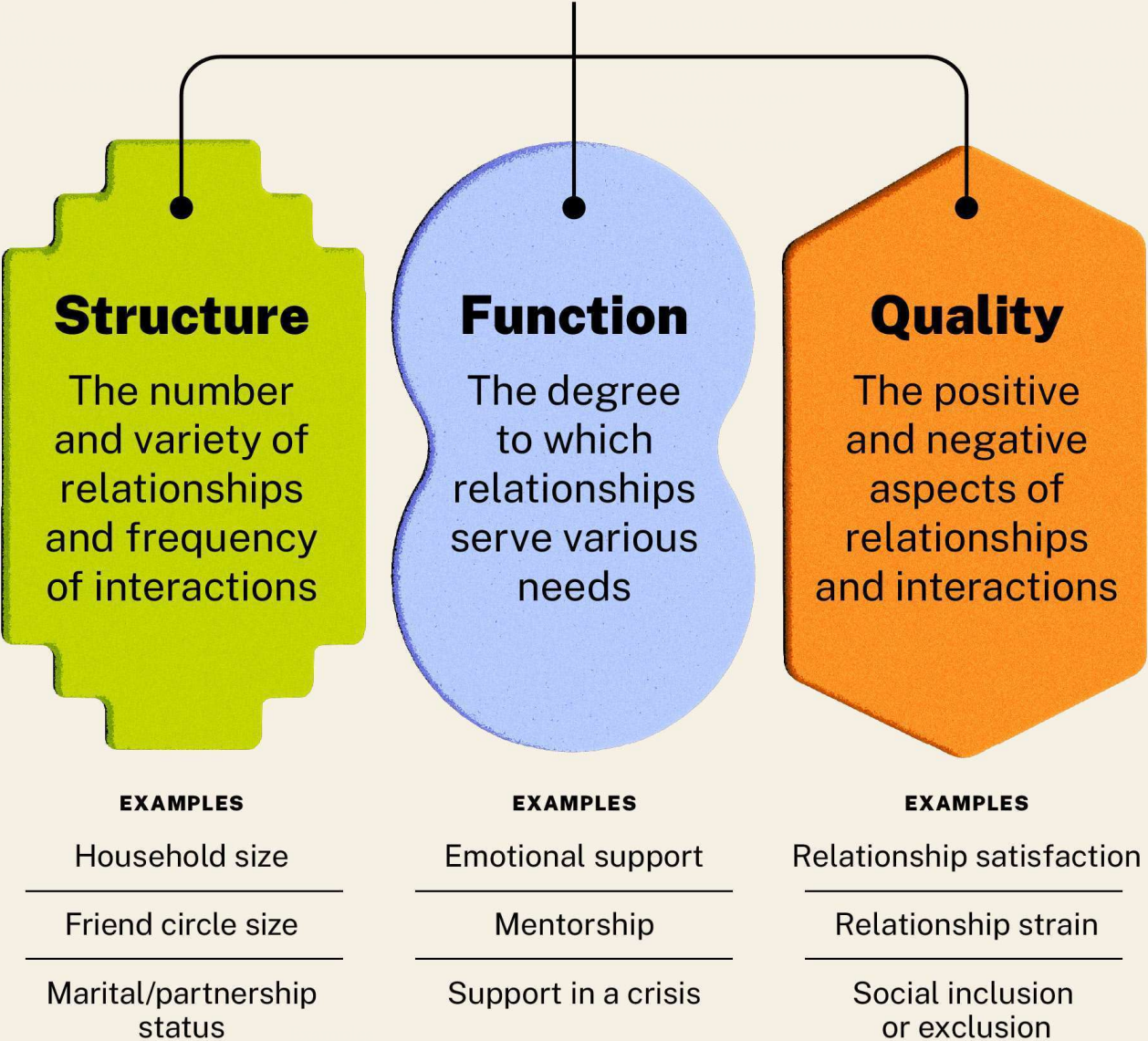


The Three Vital Components of Social Connection

The extent to which an individual is socially connected depends on multiple factors, including:



Source: Holt-Lunstad J. Why Social Relationships Are Important for Physical Health: A Systems Approach to Understanding and Modifying Risk and Protection. *Annu Rev Psychol.* 2018;69:437-458.

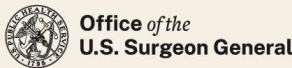


FIGURE 1: The Three Vital Components of Social Connection