

# Ways to Address Social Isolation

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# Social Isolation

- \* Is Lethal
- \* Affects Health
- \* Impacts Happiness
- \* Incredibly Costly
- \* A Major Determinant in Health
- \* Leads to Depression
- \* Is Difficult to Address

# Social Capital

Is the antidote to social isolation and the key outcome in combating loneliness and disconnection.

To build social capital requires we understand the construct and promote micro and macro interventions.

# Social Capital is.....

Friendships and relationships we develop and grow as we become members of various communities.

These relationships broaden our perspective and actually make our lives better! They lessen social isolation and change us!

# How Does It Help

- \* Enhances Health
- \* Promotes Happiness
- \* Leads to Greater Life Success
- \* Develops Self Confidence
- \* Leads to Job Opportunities
- \* Tied to Job Success
- \* Promotes Pro-Social Behavior
- \* Even Extends Life Expectancy

# Value Tied to Social Capital

- \* Instrumental – direct benefit via reciprocity
- \* Emotional – knowing people are there for you
- \* Informational – things you learn from friends

# Micro Interventions

- \* Cognitive Behavioral Therapy (CBT)
- \* Social Fitness Exercises
- \* Cultural Profile
- \* Mindfulness
- \* Initiating a “Care Force”

# Macro Interventions

- \* Community Mapping
- \* Meetup.com
- \* Gatekeeper Strategies
- \* Softening Cultural Infrastructure
- \* Coffee Klatch
- \* Community Benches
- \* Lessening Polarization

# Building Social Capital

- \* Identifying your assets and interests
- \* Finding the matching community group
- \* Understand the expected behaviors
- \* Find the gatekeeper for introduction

# The Gatekeeper

A member of a community group who has some influence on the other members. A person who has social influence.

Who have been some of your gatekeepers?

# Be a Gatekeeper

What changes people's behavior...is driven more by relationships – how others we respect behave – than by laws and formal efforts.

Sociologists call this “Social Influence Theory”

And it is rooted in the concept of SOCIAL CAPITAL!



“Without friends, the world is a wilderness”

Wadsworth



Connection with another person takes you deeper into your own soul. Through others we get to know ourselves better. This deeper fulfillment is the fuel that helps us lead a better life as it enlivens our humanness. So connect with others, and do it often!



“What we do with our lives individually is not what determines whether we are a success. What determines our success is how we affect the lives of others”

Albert Schweitzer

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