How Does Social Connection Influence Health?

Social connection influences health through **three principal pathways**: biology, psychology, and behavior.

**Components**: Social Connection leads to three Processes. The three unordered processes include: Biology (stress hormones, inflammation, gene expression), Psychology (meaning/purpose, stress, safety, resilience, hopefulness), and Behaviors (physical activity, nutrition, sleep, smoking, treatment).

All three processes lead to Outcomes. Health outcomes such as heart disease, stroke, and diabetes can lead to an individual’s morbidity and premature mortality.