

# Social connectedness for mental health



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What is  
social  
connection?





## **Maria's story**



What we've  
been told to  
do...



How common  
are mental health  
difficulties in  
older persons?





What kind of social connections do we need for good mental health?





**Are virtual  
connections  
good  
enough?**





Why do social  
connections  
make us  
happy?



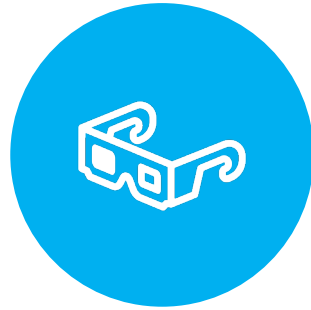


# Bridging & Bonding

# How do we maintain good social relationships?



**POSITIVE  
COMMENTS**



**SHARED  
ATTENTION**



**HUMOUR**



**REPAIR**





**Be kind to  
yourself**





**What happened to Maria?**





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