

STAYING YOUNG BY NETWORKING

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MASLOW'S HIERARCHY OF NEEDS

LOTS OF RESEARCH ABOUT THIS!

A LACK OF SOCIAL CONNECTION IS
WORSE FOR YOUR HEALTH THAN...

- OBESITY
- SMOKING
- HIGH BLOOD PRESSURE



BUT...

A STRONG SOCIAL CONNECTION
CAN LEAD TO A **50%** INCREASE IN
LONGEVITY!

- **STRENGTHEN IMMUNE SYSTEM**
- **HELP RECOVER FROM DISEASE FASTER**

- ▶ Lower rates of anxiety and depression
- ▶ Higher self-esteem
- ▶ More empathic to others

- ▶ More trusting and cooperative

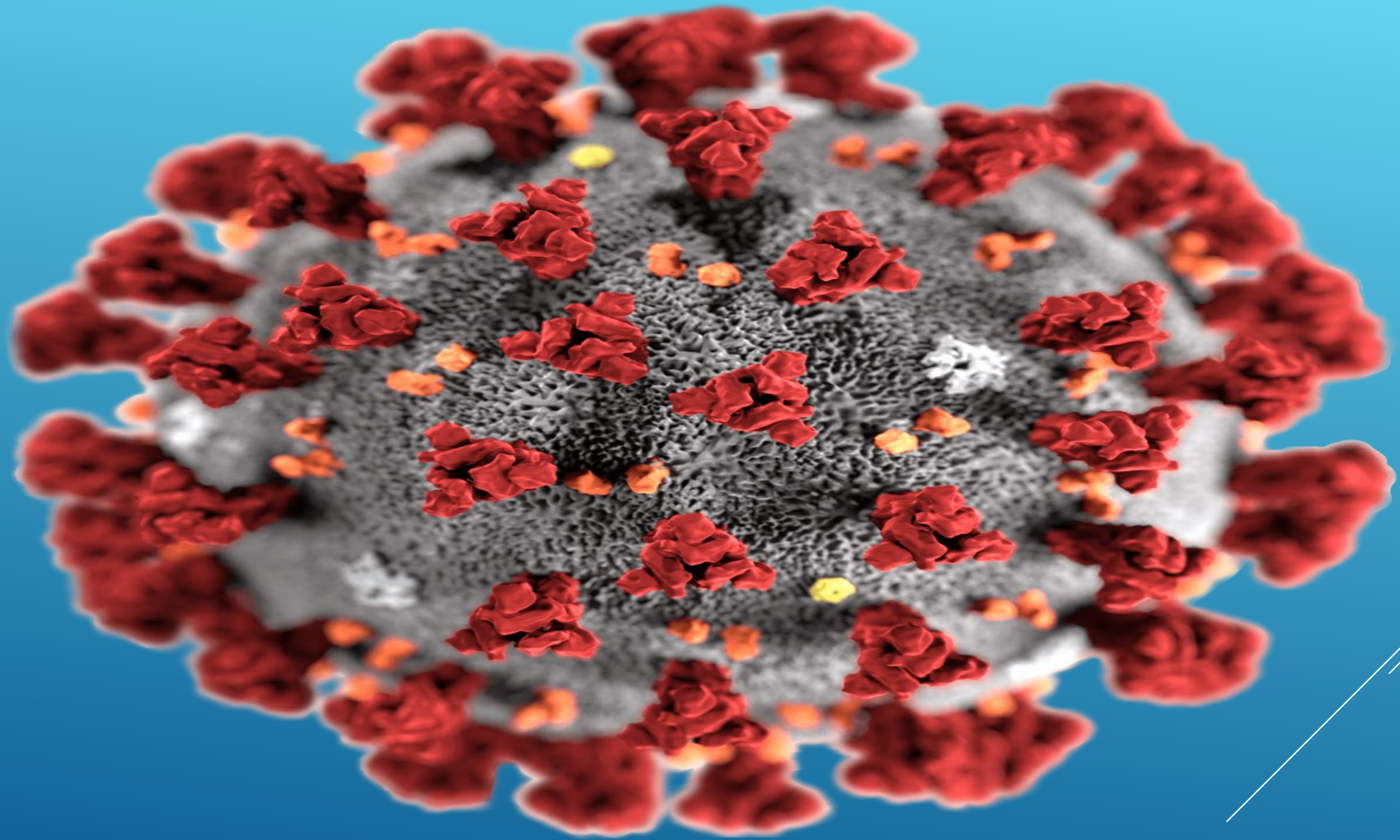
AND

- ▶ Other are more open to trusting and cooperating with them too

OTHER POSITIVE IMPACTS!

Prior to March 2020,
how were you staying
connected?





Since March 2020,
how are you staying
connected?

BREAKOUTS!!!!



What are
your **BEST**
PRACTICES in
staying
connected?

BREAKOUT
SESSION 1

WE WILL SHARE!

Three parallel white lines of varying lengths, slanted diagonally upwards from left to right, located in the bottom right corner of the slide.

HAS THE RESEARCH SHARED
EARLIER BEEN SUPPORTED?

Why or Why Not?

BREAKOUT SESSION 2

Several thin, parallel white lines of varying lengths and orientations are positioned in the bottom right corner of the slide, creating a modern, abstract graphic element.

What can you do
to support each
other during the
remaining months
of the pandemic?

BREAKOUT SESSION 3



WHAT ARE YOU LOOKING
FORWARD TO MOST WHEN THERE
IS A VACCINE?

BREAKOUT SESSION 4



COUNTING THE DAYS...



In the meantime, STAY CONNECTED!

IT'S GOOD FOR YOUR HEALTH(S)!