



HAPPYCITY ON SOCIAL SUPPORT

HappyCity defines social support by both the connections with our partners, families, friends, work colleagues, neighbors, and people in our networks.

CONNECT WITH PEOPLE

A study on the quality of relationships found that to avoid loneliness, people needed only one close relationship coupled with a network of other relationships and that the more support provide a greater decrease in mortality.

RELATIONSHIPS MATTER

- ✓ Experiencing close, secure, and supportive relationships
- ✓ Being able to talk openly and feel understood
- ✓ Giving and receiving support
- ✓ Shared activities and experiences

“COUNT YOUR AGE BY FRIENDS, NOT YEAR”
- JOHN LENNON, Singer & Songwriter



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