

Connecting with Your Community

A person's number of close friends, frequency of interaction with friends and family, trust in neighbors and level of participation in volunteer activities or community events all play a role in supporting well-being. Together, these examples begin to describe community connectedness- the extent to which people interact with one another, either individual or through groups.

Being part of a community can have a positive effect on mental health and emotional wellbeing. Community involvement provides a sense of belonging and social connectedness. It can also offer extra meaning and purpose to everyday life. Social connectedness is an important predictor of health outcomes and plays a large role in the physical and mental health of an individual and a community.

Communities can exist or be created from a shared location, hobbies, lived experiences and backgrounds, or a common cause. For many people, communicating with others – through online forums, social media, or in person can help them to have a healthier mindset, improved self-worth, and greater enjoyment of life.

What is Connectedness?

The Centers for Disease Control and Prevention (CDC) adopted promoting connectedness as its strategic direction for preventing suicidal behavior.

The CDC defines connectedness as “the degree to which a person or group is socially close, interrelated, or shares resources with other persons or groups.”



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