

How **socialising** helps your brain



Socialising

Having a social network is very important for our mental health. Being a part of a social network gives us a sense of purpose, makes us feel like we belong, are loved, are cared for and are respected.

A sense of belonging is very important for our well-being and happiness. Having a good social network can improve anxiety and depression symptoms.

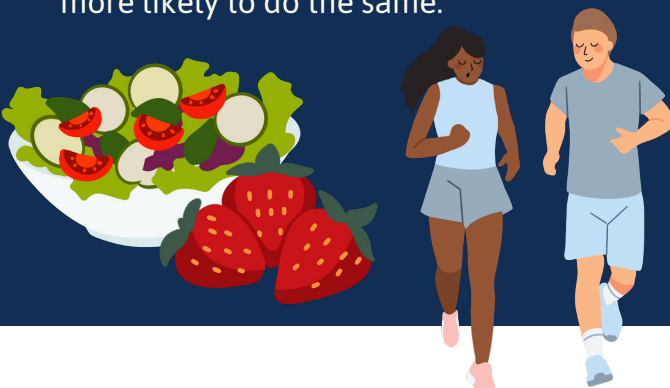
Social influence

Our social networks can have an influence on us, potentially leading us to change our behaviours, which can affect our mental health and well-being. The behaviours of our friends and families can easily become our own.



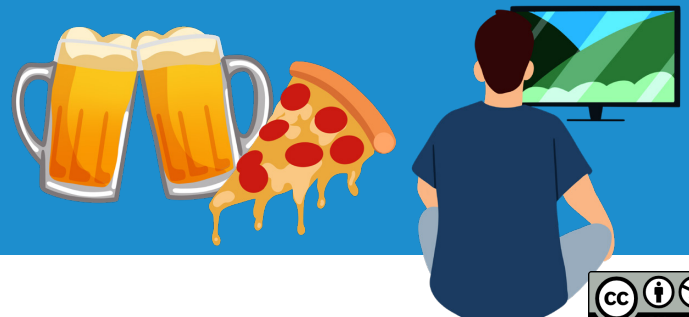
Good social influence

Being around people who have good health habits can improve our own health. If we are around people who exercise and eat healthily, we are more likely to do the same.



Bad social influence

Being around people who do not have good health habits or care about their health as much can make us do the same. If we are around people who smoke, drink or eat unhealthily, we are more likely to do the same.



How **socialising** helps your brain

Three types of social networks

There are three main types of social networks. All are very important to our well-being.

Belonging

The first provides us belonging.

This social network usually consists of a community or organisation, such as a club or a community organisation. We may not be really close with the people involved, but it provides us a sense of belonging.



Bonding

The next type provides us bonding.

This social network usually consists of our friends and family. We are close to them and they may provide us with regular support.



Binding

The next type provides us binding.

This social network consists of our closest support. This may include a spouse, our immediate family or maybe a few very close friends. This network is likely to provide us with the greatest support on a regular or daily basis.



Socialising Sources

Bulut, S. (2019). Socialization helps the treatment of depression in modern life. Open Journal of Depression, 08(02), pp.41–47. doi:<https://doi.org/10.4236/ojd.2019.82005>.

Fasihi Harandi, T., Mohammad Taghinasab, M. and Dehghan Nayeri, T. (2017). The correlation of social support with mental health: a meta-analysis. Electronic Physician, [online] 9(9), pp.5212–5222. doi:<https://doi.org/10.19082/5212>.

Kawachi, I. and Berkman, L. (2001). Social ties and mental health. Journal of Urban Health: Bulletin of the New York Academy of Medicine, [online] 78(3). Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3455910/pdf/11524_2006_Article_44.pdf.

Morgan, C., Burns, T., Fitzpatrick, R., Pinfold, V. and Priebe, S. (2007). Social exclusion and mental health. British Journal of Psychiatry, [online] 191(6), pp.477–483. doi:<https://doi.org/10.1192/bjp.bp.106.034942>.