

# Come Together

Time with others can help lead to lasting well-being



**Strong social support can help you live a happier, healthier and significantly longer life.**

#### How to find social support:

##### Create meaningful connections

True friends can help you celebrate success and overcome stress.

##### Join a community

Connect with like-minded people through a club or social media.

##### Build a support system

Stand resilient with help from friends, family and professionals.

Discover more resources that can help you find meaningful connections at [bcbsks.com/strive](https://bcbsks.com/strive).

SOURCE  
Harvard Health Publishing: "The health benefits of strong relationships"

 Doctor Verified | Melinda Ratini, DO MS | July 2020



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