

SOCIAL CONNECTION

Building Strong Ties For A Healthy Life




	YES	NO
1 Do you engage in social activities at least once a week?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you reached out to a friend or family member in the past week?	<input type="checkbox"/>	<input type="checkbox"/>
3 Are you part of any clubs, groups, or organizations?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you feel you have someone to turn to in times of need?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you regularly participate in community events?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you made a new friend or acquaintance in the past month?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you feel comfortable asking for help when you need it?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you engage in regular conversations beyond small talk with others?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you feel your social activities are fulfilling?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you proactive in maintaining your social connections?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:

-  **7–10 Yes Answers:** Well-Connected and Engaged. You have a robust social network that supports your emotional and mental well-being.
-  **4–6 Yes Answers:** Moderately Connected. You have some strong connections, but exploring more social opportunities could enhance your well-being.
-  **0–3 Yes Answers:** Social Support Needed. It's crucial to develop and nurture more social ties to improve your quality of life and emotional health.