We don’t need science to tell us that being around our loved ones is good for our health, but it’s nice when research confirms our experience. A 2023 paper published in Science Advances found that people who had stronger social bonds, whether with their friends and family or with an extended group like their government or country, were less likely to be anxious or depressed compared to those who didn’t. The study also found that people who had an easy time connecting with society reported higher levels of well-being.

These findings shed light on the importance of social bonds for our mental and emotional health.

Unfortunately, modern society doesn’t prioritize developing and nurturing lasting bonds with others nearly as much as it should. Here are two findings about loneliness that can motivate us to spend more time with the people we love.

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