

TIPS AND TRICKS

THE BEST KEPT SECRET TO LONGEVITY? LOVE.

While February often brings thoughts of romance, science reveals that love, from romantic partnerships to close friendships, may be a powerful intervention for long-term health and longevity. Research suggests that **strong social relationships can increase life expectancy by up to 50%** - a number on par with other major health interventions.

The Science of Connection

Love's healing power works through multiple pathways in the body, yielding system-wide benefits. Supportive relationships help regulate stress hormones and reduce inflammation, two key factors in preventing cardiovascular disease. Studies have shown that people in healthy relationships exhibit stronger immune function, better blood pressure levels, and even experience less physical pain.

Better yet, these benefits stem not just from receiving love but from giving it - research suggests that those who actively engage in helping others and showing compassion tend to live longer than individuals who simply receive care.

Compounding + Mutual Benefits

Just as health transformations happen through consistent micro-adjustments, building loving relationships requires regular small investments. The good news is that these investments compound over time, resulting in:

- Lower stress and anxiety levels
- Enhanced immune system function
- Better sleep quality
- Reduced risk of depression
- Improved cardiovascular health
- Boosted cognitive resilience

Try These: Small acts with a big impact on the strength of your connections.

- **Send a Thoughtful Text:** A quick "thinking of you" message can brighten someone's day and help maintain valuable connections.
- **Share Positive Moments:** Express gratitude and discuss joyful experiences to create mutual feelings of warmth.
- **Prioritize Face-to-Face Interactions:** Make time for regular in-person visits with friends and family.
- **Greet Others With Warmth:** Acknowledge people you encounter with a genuine smile—this simple gesture can foster positive interactions.
- **Give Compliments:** Offer heartfelt praise to uplift others and strengthen your relationships.

Dive Deeper:

1. Learn more about how moments of connection increase may influence lifespan [here](#).
2. Explore the research confirming the anti-aging and health-boosting properties of good relationships [by clicking here](#).
3. **Discover more practical tips** to strengthen your existing relationships at The Jed Foundation.