



Media Release January 2020

Socialising in Retirement

Forming social connections during retirement is important, as it provides a sense of friendship and support for retirees.

Healthy relationships are necessary at every age, but the importance of socialising for retirees cannot be overemphasised. Regular social interactions can help keep retirees mentally, physically and emotionally healthy, whilst fending off difficulties inherent to loneliness.

There are also many ways that socialising can help improve both our cognitive and physical health. These include:

- Reduced stress. Retirees who are socially active tend to handle stress better. This leads to improving their cardiovascular health and immune system.
- Longer lifespan. High levels of socialising can help increase longevity.
- More fitness. Retirees with diverse social connections are more likely to exercise regularly. This can lead to a myriad of physical, mental and cognitive benefits.
- Reduced risk of depression. Consistent socialising reduces the likelihood of retirees experiencing depression caused by loneliness.
- Less anxiety. Similar to depression, retirees who socialise more experience less symptoms of anxiety.
- Greater self-esteem. Socialising helps retirees be better engaged, growing their confidence and sense of worth.

As these health benefits contribute towards significantly improving the quality of life for many retirees, it is important to find an appropriate way of maintaining a healthy social life.

Joining a social Club like Probus provides retirees the opportunity to socialise with likeminded people in their local communities. There are over 1,700 Probus Clubs across Australia and New Zealand where retirees can be involved in a range of exciting activities and listen to interesting guest speakers. Experience all the Fun, Friendship and Fellowship by visiting the Probus Club Locator.

You can find out more about **The Probus CLUB OF FLAGSTAFF HILL (Men)** by calling Chris Barber On 0410 567265.

Other Probus Clubs in this area include **Happy Valley (Combined)** call Craig Munro 0407270884 and **Flagstaff Hill (Ladies)** call Ruth Alexander on 8270 5880

Visit www.probussouthpacific.org or www.probusclubflagstaffhill.com.au



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