



## Brain Club® Digital Resource Library

### PLAIN TEXT SUMMARY

## “Connection is the Path to Health”

Feeling alone can make people sick. But when we feel connected and cared for, we feel better.

In this Brain Club®, leaders from Vermont nonprofits talk about how they help people feel welcome and not alone. They work to create spaces where everyone feels like they belong just the way they are. Helping each other and being together is good for our health.

Feeling connected is an important part of healing.

### Key Terms

Loneliness	Feeling alone or like no one understands you — even if you’re around other people. Loneliness can hurt your health.
Social connection	Feeling close to other people. This includes feeling like you belong, that people care about you, and that you matter. Connection helps people feel healthier and happier.
Social power	Having strong relationships that help you do the things you care about and make change in your community.
White supremacy	The false belief that white people are better than people of other races. This belief gives power and advantage to white people and harms others. Learn more by reading <a href="#">this article by Tema Okun</a> .