The Human Optimization Project
Pod-Club

E39 Aging Well Socially: How to Remain Connected to People and Purpose Throughout Your Life

Discussion Questions for this Episode:

1) After reviewing this episode, how do you define "aging well socially?"
2) Discuss the concept of "social reserve" that was brought up in this session. Had you heard that before? What do you think about it? Is it fair to think about it similarly to financial, physical, or cognitive reserve?
3) What is your ideal make up of social connectedness? For some, this is having a large group of friends. For others, it may be a smaller group of very close friends. What does the ideal set up look like to you? How big do you want your circle to be, and what do you want these relationships to look like? What interests or shared experiences can they be based on?
4) Where have you struggled getting connected in the past? What are some of the barriers that have held you back from making new connections and joining new groups (try to think beyond just "lack of time)?
5) In this episode, we discussed how being socially isolated or lonely can have significant changes on joy, well-being, sense of purpose, physical health, and even mortality. Did that surprise you? Why or why not?
6) Think of an older person that you feel may benefit from improved social connectedness. What barriers do you think are holding this individual back? Are they mostly physiologic changes (decreased mobility, hearing, health, memory, etc.) or behaviors/attitudes (embarrassment, lack of awareness, lack of desire, etc.).
7) After everyone talks though question 6, what are some strategies that you could use to help these individuals if they were open to it?
8) Tell your group at least one new thing (action step) you are going to do or behavior you are going to adopt to improve your social connectedness? What steps can you take NOW (regardless of your age) to help minimize your risk of feeling isolated later in life?
9) After others list the "one new thing" of "action step" they are going to do, help them refine that to make it more: clear, objective, measurable, and simple.