



Stay connected with others.

Survey findings

Staying connected with others helped to keep people mentally healthy after the GEJE.

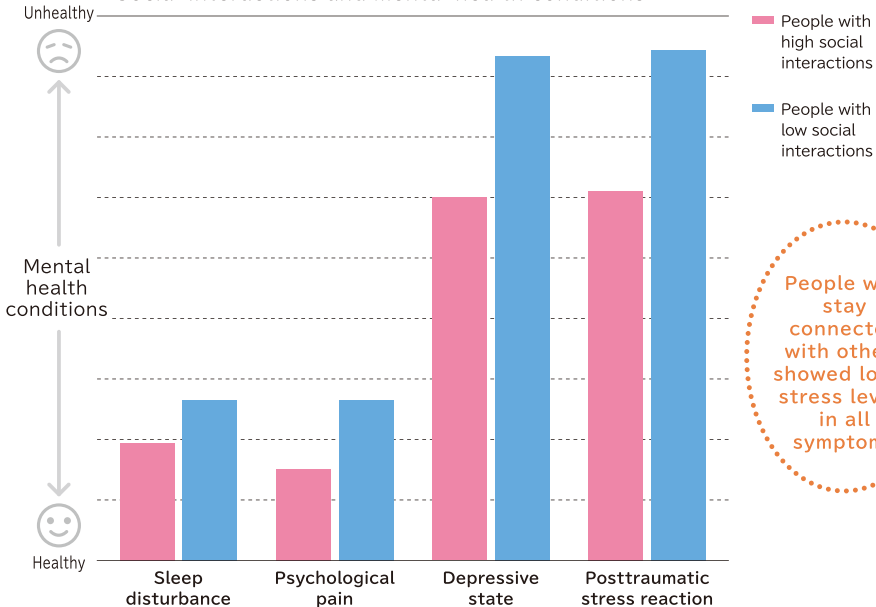
Recommendation

Participate in gatherings and talk to others.

People who stay connected with others were found to be less prone to develop difficulty with sleep, psychological distress, depressive states, and post-traumatic stress reactions. Participating in gatherings and talking to neighbors is useful in keeping you and those around you emotionally healthy.



Social interactions and mental health conditions



※ Reference The 7th Surveys based on the joint project of Tohoku University and the Shichigahama town, Miyagi Prefecture "Shichigahama Health Promotion Project"

