

Humans are Social Animals



Stay connected

Aristotle, an ancient Greek Philosopher, was the first one to acknowledge that humans are social animals. This means that we thrive the best when we are in the company of others. Psychologists and sociologists agree that our social life is one of the most important influences on our mental and physical health. Living in isolation could result in both our bodies and minds to fall apart.

Plan:

Share your life with others. You could do this through:

- Video calls with your friends and family
- Social distancing walks
- Online games with friends
- Sit down meals with the members of your household
- What else would you add?

Always follow the most up-to-date guidelines and keep yourselves and others safe!



“Man is by nature a social animal; an individual who is unsocial naturally and not accidentally is either beneath our notice or more than human. Society is something that precedes the individual. Anyone who either cannot lead the common life or is so self-sufficient as not to need to, and therefore does not partake of society, is either a beast or a god.” — Aristotle