

# SOCIAL FLOURISHING

## OVERVIEW

Social flourishing refers to the ability to form, maintain, and develop positive relations with others that result in peace and opportunities for individual and collective advancement. Social flourishing is defined as an array of factors that foster constructive, fulfilling, and sustainable interactions and relationships.<sup>1</sup>

Figure 1 below identifies dimensions of social flourishing as well as characteristics of socially flourishing people.<sup>1,2</sup> Figure 2 below identifies factors promoting social flourishing on individual and collective levels.<sup>3,4</sup>

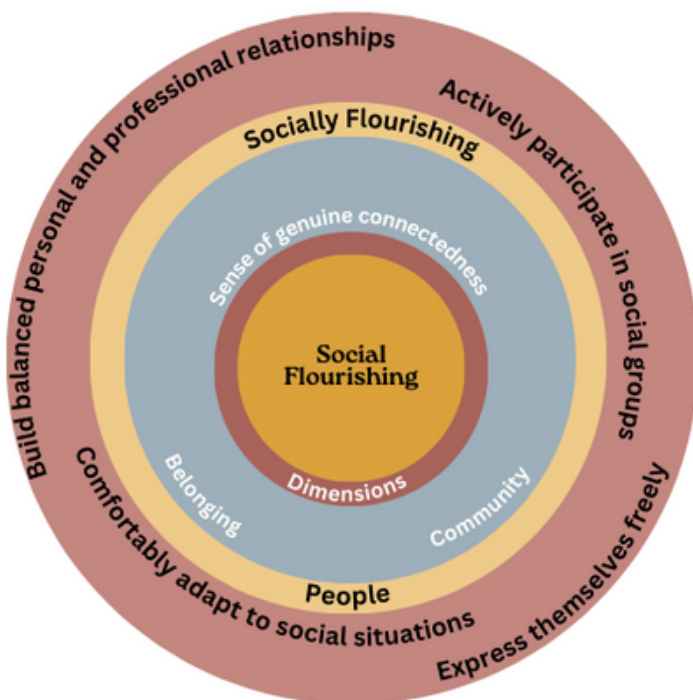


Figure 1

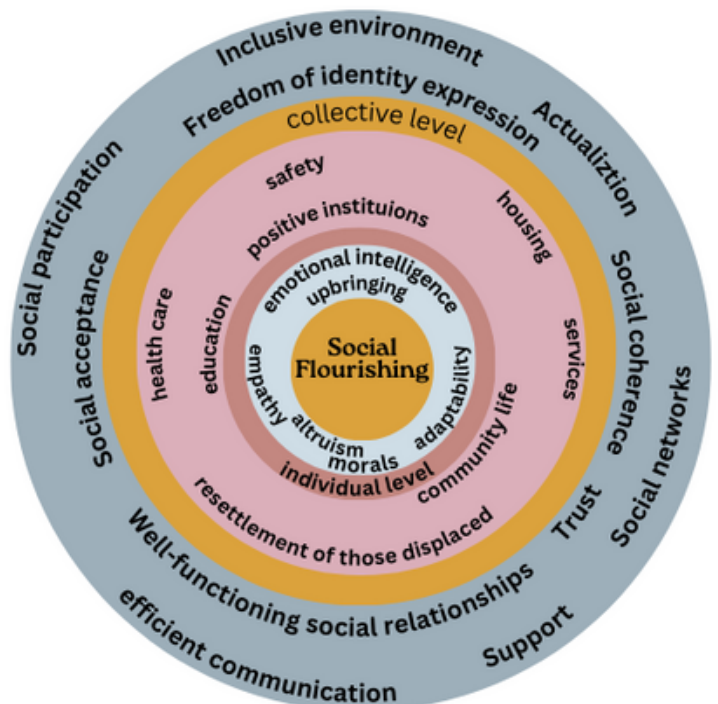


Figure 2

# BROADER SIGNIFICANCE & IMPACT

## Loneliness needs to be addressed with an immediate collective effort.

Loneliness is associated with a risk of cardiovascular disease, dementia, stroke, depression, anxiety, and increased by 26% risk of premature death. Community organizations can foster a culture of connection by creating inclusive spaces, adopting policies that prioritize connection, promoting awareness, building partnerships, and providing resources.<sup>5</sup>

## Arts engagement promotes positive social integration in children and adolescents.

For children and young adults, the visual arts have a positive effect on self-confidence, relationship building, sense of belonging, and resilience.<sup>6</sup> For immigrant high school students, open-studio art-making positively influences their sense of connection, competence, courage, and feelings of being valued in a group.<sup>7</sup> Additionally, museum-based psychotherapy with young adults facilitates interaction, independence, motivation, and creativity, and helps them feel connected to the world.<sup>8</sup>

## Arts engagement facilitates social connectedness via social opportunities, sharing, commonality, belonging, and collective understanding<sup>9</sup>.

82 % of adults in the UK perceive their arts engagement to be linked to feelings of social connectedness.<sup>10</sup> Adults demonstrate interest, engagement, satisfaction as well as improved communication, and social relations following museum visits and related art workshop participation in Brazil.<sup>11</sup> In adults with chronic pain, art museum tours lead to decreased social disconnection and relieved pain by 47%.<sup>12</sup>

## Arts engagement helps older adults feel like they belong.

For older adults, visual arts interventions that foster social inclusion and respect improve social connectedness, self-confidence, interactions, and relationships, and reduce social isolation. Additionally, visual arts interventions allow older adults to feel like a part of the group.<sup>13</sup>

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