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CLBB News

A newsletter from the Center for Law, Brain & Behavior

November 26, 2020

**Happy Thanksgiving
from the Center for Law, Brain & Behavior!**



On behalf of everyone at the Center for Law, Brain & Behavior, we thank you for your support, and wish you and your loved ones a safe and healthy Thanksgiving holiday!

We offer just one research highlight this week, reminding us all about the importance of sustaining and enriching social connections.



[Despite the Pandemic, Keep Social Connections Strong This Holiday Season](#)

American Heart Association News | November 11, 2020

Highlight: "It stands to reason that you might be happier if you had connections with people," said Dr. Robert Waldinger, professor of psychiatry at Harvard Medical School who currently heads the 82-year study. "We know the mind and body are connected. The big surprise was the idea that if you want to take care of yourself physically and live longer, make the effort to stay connected to people. And studies of other populations around the world have found the same thing," he said. **In this year of quarantines, isolation and less travel, sustaining connections are even more important."**

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