

ANTECEDENTS

IMMUNE AND INFLAMMATORY BALANCE

Community (or lack of) shown to influence immune activity

ENVIRONMENTAL INPUTS

SLEEP/RELAXATION

Community reduces stress and enjoyment in life, which promotes better sleep

GASTROINTESTINAL

Microbial communities influence gut health

OXIDATIVE STRESS, ENERGY PRODUCTION

EXERCISE/MOVEMENT

Exercising in a group reduces stress
example: walking clubs, gyms, etc.

TRIGGERING EVENTS

Targeted rejections.
example: break ups, divorce, loss of job

Community helps reduce social stress

NUTRITION/HYDRATION

Eating together, create/join a cooking club, morning matcha club, etc.

STRUCTURAL INTEGRITY

Community improves outlook on life

DETOXIFICATION

STRESS/RESILIENCE

Community reduces and helps management of stress

MEDIATORS

+ Peer to peer support
+ Any activity that is healthy in itself and turned into a group
example: group visits, group forums, group talks

Depression can result from isolation from community

MIND, SPIRIT, EMOTIONS, COMMUNITY

HORMONES, NEUROTRANSMITTERS

RELATIONSHIPS/NETWORKS

Individuals need to be connected to something bigger than themselves

How can you create a community of healing?