

**NATIONAL CALL A FRIEND DAY**  
**Kenleigh McMinn, PhD, Psychologist, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

STAY CONNECTED EVEN WHEN YOU'RE APART- TODAY IS NATIONAL 'CALL A FRIEND DAY'... A REMINDER TO PICK UP THE PHONE AND CHECK IN WITH SOMEONE YOU LOVE.

{\*\*TAKE VO\*\*}

TRT:

[RESEARCH SHOWS COMMUNICATING OVER THE PHONE OR VIDEO CHAT...](#)

BUILDS STRONGER BONDS THAN JUST A TEXT OR AN EMAIL.

THAT'S BECAUSE HEARING THE OTHER PERSON'S VOICE OR SEEING THEIR FACE... IS AN IMPORTANT FACTOR IN SOCIAL CONNECTION.

CLINICAL PSYCHOLOGIST DR. KENLEIGH MCMINN SAYS IT'S NOT ONLY GOOD FOR YOUR HEART... IT'S GOOD FOR YOUR HEALTH.

{\*\*TAKE SOT\*\*}

Kenleigh McMinn

Baylor Scott & White Health

TRT: 15

"We know that factors like loneliness or depression can have an impact on our heart disease. And we are guessing that that's because we as humans are just wired to be really social creatures."

{\*\*ON CAM\*\*}

[STUDIES HAVE SHOWN LONELINESS HAS BIG PHYSICAL CONSEQUENCES - INCLUDING INCREASED RISK OF DEATH FROM HEART DISEASE AND HIGHER BLOOD PRESSURE.](#)