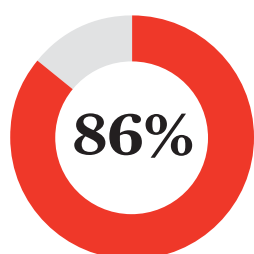


Social Connections and Stress Management:

Support, Benefits, and Challenges



Stress is nearly universal.



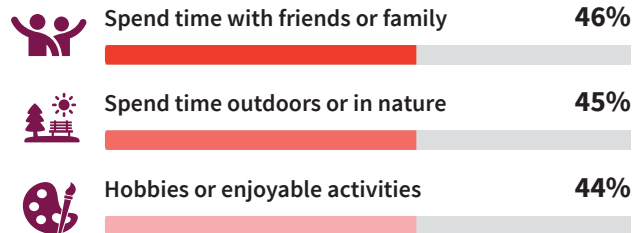
of adults age 40-plus have experienced stress in the past month*.

**within 30 days of survey completion*



One of the most common ways adults 40-plus manage stress is by spending time with family and friends.

Top ways adults 40+ manage stress



Despite being a common coping strategy, **spending time with friends or family comes with challenges.**



31%
aren't satisfied with their social connections.



19%
struggle to spend time with friends and family consistently.



11%
have no one to rely on for support.

Relationships can both relieve stress - and cause it.

32%
cite family or relationship issues as a source of stress, highlighting that relationships can sometimes be complicated.



Strong social connections can play a meaningful role in managing stress. AARP offers resources and support to help people build, maintain and strengthen those connections. Visit www.aarp.org/connect to learn more.

The AARP Stress Management survey was conducted in April 2026 among a nationally representative sample of 1,770 adults age 40 and older.