

# s.i.s.t.e.r



## ▲ Sisterhood Provides

- **Social support**, which “involves having a network of family and friends that you can turn to in time of need... social support builds people up during times of stress and often gives them strength to carry on...” 1
- **Social integration**, “the actual participation in various social relationships” 1

## ▲ Sisterhood Protects

- It protects **against negative health consequences** and unhelpful behavior, including depression, loneliness, lack of motivation, and stress. 1
- It has also been described as a catalyst for social change. 2

## ▲ Learn More about Sisterhood as Social Engagement:

1. <https://www.verywellmind.com/social-support-for-psychological-health-4119970>
2. <https://www.linkedin.com/pulse/unbreakable-bonds-transformative-power-sisterhood-tatyana>

