

## A social cure:

### How group memberships promote resilience and well-being

JOLANDA JETTEN (University of Queensland)

To illustrate how important group memberships are for health and well-being, in his book, “Bowling Alone”, Putnam concludes after reviewing the research that “as a rough rule of thumb, if you belong to no group but decide to join one, you cut your risk of dying over the next year in half” (2000, p.331). In this talk, I will review research in the fast developing ‘social cure’ field showing that multiple group memberships can be a source of resilience in the face of various life challenges (e.g., illness, injury, life transitions). I will also review interventions in a range of settings that focus on unlocking the socially curing benefits of group memberships. The implications of these findings for health and well-being are discussed. I propose that multiple group membership can provide an important social cure when faced with life challenges.