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EXPERIENCE RT

Humans are wired to connect. Social connectedness helps buffer stress, reduce symptoms of anxiety and depression, and even improves physical health. **Quality of life** increases as individuals strengthen their **sense of connectedness** to self, to others, and to the world around them.

Recreational Therapists turn loose ideas about belonging into structured, **evidence-informed experiences** that engage and empower. Through Recreational Therapy, participants **experience connection**, belonging, meaning, purpose, discovery, joy, and flow.

You're not alone. Recreational Therapy can help you feel **connected again.**

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RT Month 2026

Waves of Connection:

Turning the Tide on Loneliness

ATRA AMERICAN THERAPEUTIC
RECREATION ASSOCIATION

Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. Loneliness and isolation represent profound threats to our health and well-being. But we have the power to respond. By taking small steps every day to strengthen our relationships, and by supporting community efforts to rebuild social connection, we can rise to meet this moment together. We can build lives and communities that are healthier and happier. And we can ensure our country and the world are better poised than ever to take on the challenges that lay ahead. Our future depends on what we do today.

The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community (2023)

WHY RT?

Recreational Therapists (RTs) are uniquely trained and positioned to identify, assess, and treat loneliness and social disconnection through **evidence-based interventions** that promote social connectedness and increase life satisfaction.

RTs create therapeutic environments that foster **authentic connection** and facilitate opportunities where participation is not an end in itself, but a means to rebuilding confidence, identity, and social trust.

RT interventions range from cooperative games and creative arts to adaptive sports and community engagement projects. Each **therapeutic activity** is structured intentionally to promote shared experiences.

RTs take the seemingly abstract goal of **social connection** and convert it into something lived, felt, and sustainable.

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*Recreational
Therapists*

are leaders in social connectedness and the preferred provider for activity-based social and relational interventions aimed at reducing loneliness.

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