

Worksheet for Chapter 9 - Socialization

Every day, do just one of the following activities to increase your socialization.

_____ Just once a day, talk to someone!

_____ If you are unable to get out of the house, invite a friend over for a cup of coffee or tea. Talk about memories as well as what's going on in the local news right now. Stay engaged.

_____ If you are able to get out of the house, meet friends for breakfast, attend church services, volunteer! One of the ladies in my exercise class is 84 and still volunteers at the local library!

_____ Join a book club. You will stimulate your brain **and** increase your social activity. Check your local library to see if they have any book clubs.

_____ Do you like to play cards? Join a card club...or start one yourself with a few of your friends.

_____ Volunteer at a school to help children read.

_____ If you are still working, talk to a coworker you don't know very well. Really listen when they speak to you. Look at their face, their eyes. Concentrate on what they are saying.

_____ Take your pet to the park and talk to the other pet owners.

_____ Renew an old acquaintance.

_____ Make an on-going appointment with a friend to walk every week.

Week 1 = _____ Week 2 = _____ Week 3 = _____ Week 4 = _____

Each week

Completed 6-7 opportunities to socialize = Superstar! Socialization comes easy to you. Keep up the good work.

Completed 4-5 opportunities to socialize = You are doing okay. Try to increase your number each week.

Completed 2-3 opportunities to socialize each week = Not very social. Take some time to figure out what you can do to increase your number each week.

Completed 0-1 opportunities to socialize each week = INTROVERT! You need to make the effort to socialize. This is important to your health and wellness. Make the time to try at least two opportunities next week.