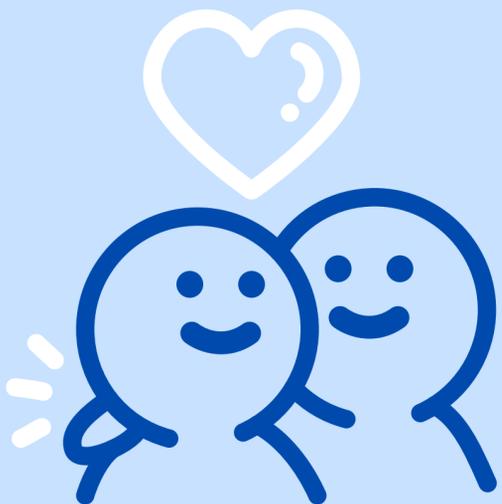


What is 'Social Wellness'?



Social wellness is all about nurturing your relationships with yourself and others. Throughout the month of July, social wellness advocates implore us to take the time to meet new people and build on pre-existing positive relationships.

Components of social wellness include...



- Our ability to build and maintain new relationships
- Knowing how to build healthy relationships
- Contributing to our communities
- Being aware of our own social battery and practicing self-love and compassion



Why is Social Wellness Important?



Healthy relationships are key to maintaining our physical and mental health.

Studies show that the health risks associated with loneliness and isolation are comparable to the risks associated with cigarette smoking, blood pressure, anxiety and depression, and obesity (University of Minnesota).



Good social wellness allows us to build and provide better social support.

Social support is an essential part of good social wellness. Social support ensures that you have trustworthy people in your life that can provide support, reassurance, love, and help when needed.

Loneliness is an epidemic that social wellness can help prevent.

Loneliness levels have reached an all-time high, with nearly half of U.S. adults reporting they sometimes or always feel alone. Additionally, 40% of adults reported that they sometimes or always feel that their relationships are not meaningful and that they feel isolated (Cigna, 2018). Knowing the effects loneliness and isolation have on our health, it is key to maintain social wellness to help prevent a multitude of side effects.



Fun Ways to Practice Social Wellness



Plan a group activity

Plan an activity for you and your friends such as cooking dinner together, getting outside, or a hobby you all share!



Volunteer

Volunteering is a great way to connect with and help out in your community. Search for opportunities near you, and maybe even recruit some friends to join you!



Perform random acts of kindness

Random acts of kindness could include anything to brighten someone's day and are a great way to make someone feel loved and foster social support!



Learn about you and your friends' love languages

Learning the love languages of those you care about and yourself can help you learn how to provide love in the most meaningful ways to yourself and others!



Reach out to an old friend

Reaching out to someone you've been wanting to connect with is a great way to foster social wellness and healthy relationships!



Practice self-care

Loving ourselves is also key to optimizing our social wellness. Take time to care for your wants and needs!