



## What is Social Wellness and Why it's Important

Are you part of sports team? Do you belong to a club? Do you volunteer your time? What about having close friends or family members you can confide in? All of these connections help make up our social wellness; it is our relationships and how we connect with them.

Having good social wellness means making meaningful connections with other people. It means having someone you can confide in when you are having a bad day or you suffer a disappointment and it means having someone to help you celebrate your wins or to have good times with.

On the other hand, individuals who do not have someone to share their emotions with tend to feel isolated and lonely which can lead to depression and stress. According to the [National Institute of Health](#), "wide-ranging research suggests that strong social ties are linked to a longer life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death."

According to [ConeHealth.com](#), social support can come in three different forms:

- \* *Emotional* – when someone else's actions make you feel cared for.
- \* *Instrumental* – something physical such as lending money or cooking a meal.
- \* *Informational* – providing information to help someone else.

So how does one get meaningful relationships if they don't already have one? It often feels harder to form those types of relationships as an adult. Remember in grade school how making friends seemed to come almost automatically? It was

because we were all having a shared experience of learning not just our ABCs but also how to function in a new social setting. To have a shared experience now takes a little more effort. Getting involved in a group is often a good start because it opens the door to meeting like-minded individuals who are all sharing a similar experience. It gives you the opportunity to share with others as well as hear about their experiences and interests.

It's important to remember that having a good friend has to work both ways though - you need to give as much as you take. This might mean making the relationship a priority by devoting a set time to it on a regular basis. It also means being honest and supportive of each other's feelings, hopes and dreams and it means accepting the person as they are and being accepted as you are.

Social wellness also means realizing when you are in relationships that are not supportive. If the relationship is causing you stress or making you feel lonely even when you are with the person, it is not a healthy relationship and it is okay to end it, or if that is not possible, then to create distance so you can make room for healthier interactions.

As a JJC student there are many opportunities on campus to work on your social wellness (see article on page 2). Other suggestions involve joining a house of worship, [volunteering](#), joining a [local sports team](#), bar league or bowling team, joining a [gaming group](#) or hobby group or taking a class to learn a new skill. Lastly, you can always start a study group for the academic class you are taking. There's bound to be one or two classmates who would appreciate having someone to review the material with and you never know, you might make a life-long connection.



# Socially Connecting Beyond the Virtual World at JJC

The Office of Student Activities (OSA) is here to help you connect with the JJC community and participate in campus life to grow personally and professionally. OSA has transitioned to virtual programming to help support and connect students while staying safe. Our goal is to create spaces for students to listen, learn, be heard, and have fun!

This semester, we have many opportunities for students to get involved and meet peers. Opportunities we offer include: student clubs, Student Government, leadership programs, diversity programs, wellness sessions, and Safe Zone sessions. OSA and student clubs have found great ways to connect with one another in our virtual world. Clubs have hosted Jackbox virtual game events, virtual field trips and speakers, club Discords, and much more! Interested students can join at any time!

The Office of Student Activities offers multiple ways to stay connected with our events and clubs. We update our calendars frequently with event information and links. You can view upcoming OSA and club events at [bit.ly/JJCOSACalendar](https://bit.ly/JJCOSACalendar). Be updated on our day-to-day event information by following our social media accounts. Find us on [Facebook](#) (@jjcstudentactivities), [Instagram](#), Snapchat, and [Twitter](#) (@jjc\_osa). See you soon!

## Signs of Social Wellness: Checking In with Yours

### Signs of Social Wellness

- Development of assertiveness skills, not passive or aggressive ones.
- Balancing social and personal time.
- The ability to be who you are in all situations.
- Becoming engaged with other people in your community.
- Valuing diversity and treating others with respect.
- Continually being able to maintain and develop friendships and social networks.
- The ability to create boundaries within relationships - boundaries that encourage communication, trust and conflict management.
- Remembering to have fun!
- Having supportive network of family and friends.

### Check in with your social wellness

- How are you at asking for help?
- Do you surround yourself with people who you can trust and you know care about you?
- Are you able to communicate clearly when dealing with conflict?
- Do you have at least one good friend you can count on?
- How motivated are you to build a JJC community by getting involved with a student organization?
- Are you okay being alone?



If you need help evaluating your social wellness, make an appointment with our Student Wellness Advocates. If you are looking for opportunities to connect, stop by D-1010 and let Student Activities help you find a new social connection.

## The Importance of Setting Boundaries

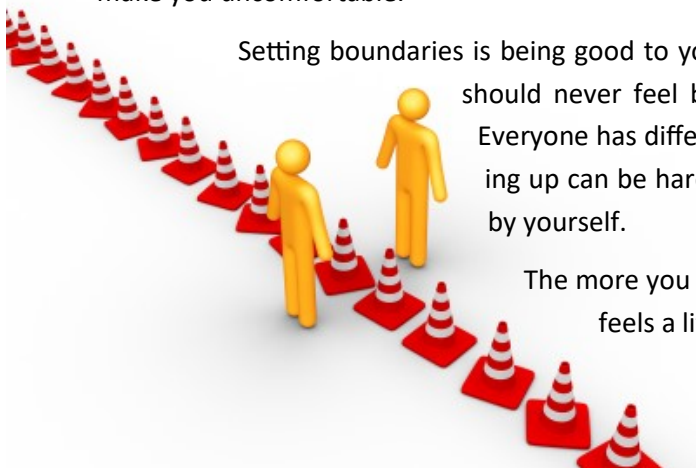
Many of us aren't taught how to set boundaries, especially with those closest to us. Growing up, in my head, I thought to myself: "Why would I need to set boundaries with my own family? Best friends? Partner?" The reality is that those are the most important people to set boundaries with. You may be wondering what kind of boundaries and how to set them, so I'll share a personal example.

Last weekend, I went with my mom to our long-time neighbor's house. We've always been close and I've known Daniel and Jenny (please note that these are not their real names for confidentiality purposes) since I was a little kid. Anyway, we all got into a conversation about college, jobs, money, and life itself. I asked Daniel for some advice, but looking back, I feel that he ran too far with it.

He claimed to have my best interest and made it about the fact that he's known me since I was a kid and only wants the best for me. His wife, Jenny, had the same argument. Despite this, they went on to say that I need to pick a career that would pay more money, that I wasn't being the most realistic, that the money is in sales and I need to jump on board with it, and blah, blah, blah.

They even went on to criticize my relationship and asked what our plans were for moving out and getting a place. I felt quite attacked and that would have been a good time to remove myself from that situation, to set a boundary. I could have calmly said, "Thank you, but no thank you," or, "I know I asked for your advice and I know you aren't trying to be hurtful, but I'd like to move on from this conversation now," or, "If we can't move on to another subject, I'm going to leave."

Setting boundaries is far easier said than done. I couldn't even do it in this situation. Instead, I fled to the bathroom and cried for a few minutes before going back out there. I don't blame myself, but the experience taught me that no matter what a person's intentions are, their words and actions can still hurt and it is okay to step back from situations that make you uncomfortable.



Setting boundaries is being good to yourself and acknowledging when you are uncomfortable. You should never feel bad for putting yourself first and leaving harmful situations. Everyone has different levels of comfort and everyone needs their space. Speaking up can be hard but practicing verbally with others can help or even doing it by yourself.

The more you do it, the quicker you will be able to recognize a situation that feels a little off to you, and then you can act accordingly.

- *Sincerely, Savanna*



# Flat Tire Talks



If we think about mental health as being a wheel that contains different dimensions that affect our well being, then it's easy to see that if we are struggling with any given area, it's a lot like having a flat tire on a car. Yes, you can still keep going, but it's going to be a struggle and you might damage your vehicle if you don't fix the problem.

Using this imagery, the mental health team is presenting the Flat Tire Talks, twice a month on Tuesdays to address ways we can get back on the road in a healthy and safe manner again. [We hope you can join us for our April talks.](#)



## Upcoming Events: ...

- |          |   |
|----------|---|
| April 1  | <b>Wellness Series: A complete Life</b> at 2 pm<br>Link: <a href="https://bit.ly/JCCCompleteLife">https://bit.ly/JCCCompleteLife</a><br>RSVP: 815-280-6879                    |
| April 6  | <b>Flat Tire Talks</b> at 2 pm<br>Link: <a href="https://bit.ly/FlatTireSWP">https://bit.ly/FlatTireSWP</a><br>RSVP: 815-280-6879   |
| April 14 | <b>Stress Management Workshop</b> at 3 pm<br>Link: <a href="https://bit.ly/StressSWP">https://bit.ly/StressSWP</a><br>RSVP: 815-280-6879                                      |
| April 20 | <b>Flat Tire Talks</b> at 2 pm<br>Link: <a href="https://bit.ly/FlatTireSWP">https://bit.ly/FlatTireSWP</a><br>RSVP: 815-280-6879   |
| April 21 | <b>Wellness Series: Cultural Identity &amp; the Struggle to Belong</b> at 3 pm<br>Link: <a href="https://bit.ly/JCCulturalIdentityWS">https://bit.ly/JCCulturalIdentityWS</a> |



# APRIL OSA VIRTUAL EVENTS

# 2021

## WELLNESS SERIES

- 4/1 A Complete Life presented by Colleen Coffey  
4/14 Stress Management with Wellness Advocates  
4/21 Cultural Identity & the Struggle to Belong  
by Javier Cabrera-Rosales  
\*Scholarship Opportunities Available\*



## FLAT TIRE TALKS

April 6th & April 20th from 2-3pm  
with the Student Wellness Advocates



## LEADERSHIP SERIES

**Student Strengths**  
4/14 & 4/28 from 1-2pm  
\*Scholarship Opportunities Available\*



Earth Month Events  
Join events sponsored  
by the Sustainability Office -  
visit [linktr.ee/SUJJC](http://linktr.ee/SUJJC) for events



## REMINDERS

- 4/6 Local Elections - Cast your Vote!  
4/7 CCC Meeting 2:30-4pm  
Every Thursday Student Government 3-4pm



**COLLEGE CLOSED 4/2 - 4/4  
FOR SPRING RECESS HOLIDAY**



For event links, visit: [Linktr.ee/JJCOSA](http://Linktr.ee/JJCOSA)  
Questions, email: [studentactivities@stu.jjc.edu](mailto:studentactivities@stu.jjc.edu)



# Wolves Wellness Podcasts Available on Stream

This month's podcast will be focusing on Social Wellness—what does it mean to you? Are your relationships positive and rewarding? Do you make time for Social Wellness? You can access this month's podcast or re-listen to any of our previous podcasts on [Microsoft Stream](#) in your JJC portal.

If there is a topic you'd like us to discuss, or a question you'd like to have answered, you can submit your topic [here](#). Your name will not be used in the discussion. All questions submitted are confidential. This is a safe place to get professional answers to your mental health questions.



## Make an Appointment Today!

WE ARE HERE TO LISTEN

To make an appointment:

**By phone:**

**Call Kellie N. at 815-280-2936**

(Leave message with full name, student ID, and phone number)



**By email: [Mentalhealthservices@jjc.edu](mailto:Mentalhealthservices@jjc.edu)**

**Online Appointment Request**  
**<http://jjc.titaniumhwc.com>**

(Complete New Client -Request for Video/Phone Sessions)

**Complete an online mental health screening at:**  
**<http://screening.mentalhealthscreening.org/jjc>**

**Find more information on our portal page:**

MyJJC.edu - Sign In - Drop Down Menu - Student Services - Mental Health and Wellness



Questions? You can contact us at:  
[mentalhealthservices@jjc.edu](mailto:mentalhealthservices@jjc.edu) or calling us at 815-280-2936

To make an appointment [click here](#)

**Like Us On:**



JJC Mental Wellness