

Social Wellness

Social wellness involves embracing interconnectedness, and understanding how your actions affect other people and their community. Socially well people willfully choose to enhance personal relationships, nurture important friendships, and build a just and caring environment.

Try these practices to enhance social wellness:

- Build a strong social support network
- Learn and practice healthy communication techniques
- Develop the ability to relate with people in a variety of settings
- Deal with interpersonal conflict in as healthy and respectful manner 😊
- Explore diversity by interacting with people of other cultures, backgrounds, and beliefs
- Value time alone and time with other people
- Be aware of the social concerns in your community and getting involved in solving community problems

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“I’ll be home late tonight. My boss is taking everyone out for motivation tape karaoke.”