



“I’m setting up a MySpace page, but I can’t figure out how to let my friends sniff me over the Internet!”

Social Wellness

Social Wellness refers to your relationships with others. It encompasses the idea of having positive interactions with others since we are all social beings. It involves developing and building close bonds of friendship and intimacy, practicing empathy and effective listening, as well as caring for others and for the common good.

Social Wellness Facts

- Socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who are not socially isolated.
- People who maintain their social network and support systems do better under stress.
- Approximately 20 percent of Americans feel lonely and isolated during their free time.
- Touching, stroking, and hugging can improve health.
- Laughter really is good medicine.
- Cholesterol levels go up when human companionship is lacking.
- Warm, close friendships cause higher levels of immunoglobulin A (an antibody that helps keep away respiratory infections and cavities).
- A strong social network can create a good mood and enhance self-esteem.

Social Wellness Tips

1. Speak in public.
2. Articulate your thoughts both in public and personal conversations.
3. Think before you speak.
4. Practice tact when giving suggestions.
5. Volunteer in your community.
6. Make others feel important, but be genuine.
7. Get to know your personal needs and pursue things and people who nurture those needs.
8. Attend social events. **(Spring Social/May After Hours) May 3rd 5-8pm Bradbury Thompson Alumni Center**
9. Join a club or organization that interests you.
10. Visit neighbors and friends.
11. Contact and make a specific effort to talk to the people who are supportive in your life.
12. Ask questions, and refrain from doing all the talking.
13. Send "Thank You" notes for kind deeds done in your favor.
14. Allow others to care for you.
15. Balance your social life with your personal life.

Source: <http://www.examiner.com/article/social-wellness-month-facts-tips-and-local-resources>

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