

## JULY IS

# Social Wellness Month

There are 8 dimensions of our overall wellness...



## Social Wellness

is our ability to connect with other people and establish and maintain positive relationships with those people.

Social wellness is all about fostering positive connections, not just with family and friends, but also with our communities, colleagues, and strangers we meet along the way. From maintaining strong communication skills to making sure we take time for self-care, this month is a great reminder of the importance of connecting meaningfully with others.



July is Social Wellness month, so let's get out there and start celebrating!

# Why Social Wellness Month is Important

## PROMOTES MENTAL HEALTH & WELLBEING

Social wellness encourages us to be connected with our surroundings, practice self-care, reach out to others, and work on developing meaningful relationships - all of which are vital components in maintaining good emotional and mental health.

## HELPS REDUCE STRESS & ANXIETY

When we cultivate our social wellness, we give ourselves the opportunity to relax and let go of the tension that comes from feeling isolated. Having friends and family to turn to when life gets challenging can help relieve stress and anxiety, leaving us better equipped to face life's hardships.

## IMPROVES OVERALL QUALITY OF LIFE

Fostering strong social connections has been linked to increased feelings of joy, purpose, and satisfaction with life in general. People who have more supportive friendships tend to have a greater sense of security and well-being than those without.

Studies show that people with a healthy social life are more likely to [live longer](#) than those with poor social interactions.

## SIGNS OF BEING SOCIALLY HEALTHY INCLUDE:

- Having assertive skills rather than passive or aggressive ones
- Balancing your social and personal time
- To adapt but be yourself in all situations
- Treating others with respect
- Being able to develop and maintain friendships and networks
- Creating boundaries in relationships
- Having fun in life





# Did you know...

## HERE ARE SOME RECOMMENDATIONS:

- Scheduling walking meetings
- Having impromptu contests
- Celebrating work anniversaries
- Organizing themed dress up days
- Acknowledging peers
- Organizing office quizzes
- Forming a book club
- Organizing team lunches
- Incentivizing healthy activities
- Organizing team activities

Incorporating *social wellness activities in the workplace* is very beneficial. These activities *reduce stress* and *improve employee health*. They also *improve office communication* and build a *sense of loyalty* to the organization. These factors ultimately contribute to *employee retention*.

## QUICK TIPS

try these 6 activities to increase your social wellbeing!

**1.** Keeping regular contact with your friends



**2.** Spending quality time with your loved ones



**3.** Engaging in volunteer work



**4.** Taking classes at a local community center

**6.** Celebrating your traditions and culture

**5.** Joining a group based on your interests

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Allegheny Counties



## Resources:

- Social Wellness Month 2023 - History, Importance; How to Celebrate Social Wellness Toolkit | National Institutes of Health (NIH)
- What is Social Health? Definitions, Examples and Tips on Improving Your Social Wellness
- 20 Fun Social Wellness Activities for Every Workplace
- What Is Social Wellbeing? 12+ Activities for Social Wellness