

Social Wellness

Humans are social beings. Our large neocortex (the outer layer of the brain) enables conscious thought, language, behavioral and emotional regulation, and the ability to understand the feelings and intentions of others.

Social Wellness involves creating positive interactions with others. It is also, the ability to interact successfully in our communities and live up to the expectations and demands of various roles. This means learning good communication skills, developing intimacy with others, and creating a support network of friends and family members.

Social Wellness Facts:

- Socially isolated people are more susceptible to illness and have a death rate 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 and hugging can improve health.
- Cholesterol levels go up when human companionship is lacking.
- A strong social network can create a good mood and enhance self-esteem.



To optimize Social Wellness:

- **Cultivate healthy relationships** - Show respect, have empathy, be genuine and trustworthy, and set healthy boundaries. If you do these things, you should find that your relationships will begin to grow, strengthen and be more meaningful.
- **Get involved**- Take notice of what your family members', friends' and coworkers' hobbies and interests are and ask if you can join in.
- **Contribute to your community**- Get involved in work activities, school programs, or invite your family and friends to try new something new with you.
- **Share your talents and skills**- What do you enjoy and how can you share that with people you love and your community? Try volunteering opportunities that allow you to reach out to others. Find charities you are passionate about.
- **Communicate your thoughts, feelings and ideas**- Be open and share with the people around you. Try being vulnerable and open up. You might be surprised by what you learn and experience.



Investing in your Social Wellness will give you the ability to enhance personal relationships, friendships, your community and environment. Who you impact might help change and shape the world.