SOCIAL WELLNESS MONTH

Social Wellness Checklist

Are you looking for ways to grow your social network?
Consider these tips for strong social wellness:

MAKE CONNECTIONS

Social connections have been shown to protect health and lengthen life. Whether friends, family, neighbors, etc., social connections can improve your well-being at any age.

- ✓ Join a group or club focused on a hobby.
- ✓ Take a class to learn something new.
- ✓ Attend local social events.
- ✓ Volunteer at a school or hospital.

BUILD HEALTHY RELATIONSHIPS

Strong, health relationships are important throughout your life. You can learn to improve your relationships at any age. It is important to know what healthy relationships look like.

- ✓ Share feelings honestly.
- ✓ Be caring and empathetic.
- ✓ Disagree respectfully.
- ✓ Set boundaries.
- ✓ Treat others as you wish to be treated.
- ✓ Research elder abuse.

GET ACTIVE TOGETHER

Where you live can have a big impact on how much you move. Being active with others can have a positive effect on your health and create your opportunity to connect.

- ✓ Start a walking group.
- ✓ Join an exercise group.
- ✓ Try swimming or water aerobics.
- ✓ Try chair yoga.
- ✓ Garden with grandkids.

HOST VIRTUAL GET-TOGETHERS

Declining mobility and/or lack of transportation may make it harder for seniors to get out and about to meet others. Take advantage of technology to keep in touch with family and friends.

- ✓ Schedule regular check-ins with family via FaceTime or Skype.
- ✓ Play virtual games.
- ✓ Join an online networking group based on your interests.

Sources
1. National Institutes of Health, https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/social-wellness-checklist.pdf
2. Evergreen Health, https://www.healthiestbest.com/benefits-of-social-wellness
3. Washburn University, https://www.washburn.edu/student-life/recreation-wellness/employee-wellness/documents/EW-SO-Social-Wellness.pdf