

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 even lengthen life. Creating and maintaining social connections within your local community can improve your well-being at any age.

- ✓ Join a group or club focused on a hobby.
- ✓ Take a class to learn something new.
- ✓ Visit the local senior center.
- ✓ Volunteer at a school or hospital.

BUILD HEALTHY RELATIONSHIPS



Strong, healthy relationships are vital at any age. Take the time to cultivate your current relationships with friends and family. Seniors may be at risk of elder abuse. Get 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



Getting active is a great way to meet new people and develop stronger relationships with those you already know. Plus, it has the added benefit of improving your health.

- ✓ 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>

