

**SOCIAL WELLNESS**

# DOMAINS OF WELLNESS

Physical wellness

Intellectual wellness

Social wellness

Spiritual wellness

Emotional wellness



# DEFINITION

**“Social wellness is having positive interactions with and enjoying being with others. It is having comfort and ease during work and leisure situations and communicating feelings and needs to others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the common good, and allowing others to care for you. It is recognizing the need for leisure and recreation and budgeting time for those activities.”**

[www.definitionofwellness.com](http://www.definitionofwellness.com)



# **WHY SHOULD I CARE IF MY RELATIONSHIPS ARE HEALTHY?**

**Socially isolated people have a death rate two to three times higher than those who are not socially isolated.**

**Less susceptible to illness**

**Human touch improves a variety of health indicators**

- Lower levels of cholesterol
- Higher levels of immunoglobulin A (an antibody that helps keep away respiratory infections and cavities).

**Better mood and enhance self-esteem.**

**Cope better under stress**

**Increased productivity**

**Laughter really is good medicine.**

# ARE YOU ENGAGED IN THE PROCESS OF SOCIAL WELLNESS?

Do I plan time to be with my family and friends?

Do I enjoy the time I spend with others?

Do I have positive relationships in the workplace?

Are my relationships with others positive and rewarding?

Do I ask for support when I need it?

Do I give to the greater good/community?



# PATHWAYS TO BETTER SOCIAL HEALTH

Practice self disclosure

Get to know your personal needs and pursue things and people who nurture those needs

Contact and make a specific effort to talk to the people who are supportive in your life

Attend a Wellness Forum

Join a club or organization that interests you

Spend time working with a charitable organization



# SELF-ASSESSMENT OF SOCIAL WELLNESS

<http://definitionofwellness.com/dimensions-of-wellness/social-wellness.html>

