



# SOCIAL WELLNESS

Forget the social calendar, how is your social wellness looking? Social wellness is the ability to maintain meaningful relationships, and the aptitude to connect with others in an authentic way.

## HOW DO I RAISE MY SOCIAL WELLNESS QUOTIENT?

Being self-aware, and being accountable for our actions can help improve our social wellness. Surveys often show that most people believe they are self-aware but less than 15% of people truly are self-aware!

## WHAT DOES LOW-SELF-AWARENESS LOOK LIKE?

Low self-awareness usually consists of criticizing others, being defensive when receiving feedback, and heightened emotional reactions that may not match the gravity of the situation.

## HOW DO I IMPROVE SELF-AWARENESS?

Begin by exploring thought patterns, and the “why” behind our reactions. Once we gain further insight to our thought patterns, we can begin to map out

healthy ways to react in which feel good to us and feel good to others thus fostering healthy social wellness connections.

## WHAT ARE ACTIVITIES THAT MAY BOOST MY SOCIAL WELLNESS?

- Seek a sense of belonging. Join a support network. Volunteer. Make time for friends and family. Get involved in your community.
- Balance where you invest your personal time. Invest in yourself with self-care (e.g. massage, a yoga class, travel) & invest in others in an altruistic way (e.g. help a friend, lend a listening ear, express gratitude for one’s friendship) for strong returns on social wellness. Making time for self-care can strengthen one’s sense of self. Having a strong sense of self can keep us focused and filter out unhelpful, external stimuli.



- Find a hobby, learn a new language, value diversity. Gaining new knowledge may help raise awareness about yourself, your environment and how you approach new concepts and social groups.
- Be clear on your purpose. What matters to you? What fills you up with joy? Be certain to dedicate more time to purpose and supportive people and less time in areas that drain you or leave you feeling empty.

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